

Progeo® S.r.l.

Largo XXIV Maggio 14

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E c l e o ®
F o o d T h e r a p y

User's Manual

INTRODUCTION

Introduction

The Ecleo® Food Therapy program is included in the platform represented by the Cartella Elettronica® program, with which it shares much of the patient's data.

In order to gain access to the program you must select the relevant item from the list of the processes of “Cartella Elettronica®” as illustrated in the (INT.1) or (INT.2) pictures below, depending on the version you possess.

Also the *Ecleo® Diet Updating* process represents an integral part of the food therapy program and for this reason it is described in this manual; this function, in fact, available from the beginning of the following examination up to the one in which a diet plan has been processed, allows the user to process a series of alternatives to the foods assigned in the diet, with the aim of meeting the needs of the patient's taste and variety, as well as possible seasonal changes, which are automatically acknowledged by the software.



Picture (INT.1): list of the Cartella Elettronica® processes

CHAPTER 1

D i e t P l a n

Diet plan

The program opens with the window of picture (1.1) where, at the top of the window you will view certain data regarding the patient, automatically imported from the main window of Cartella Elettronica®

- *Surname and Name*
- *Sex*
- *Age*
- *Height*
- *Weight*
- *Physical structure*
- *Physical activity*
- *Practices desirable activities*

All of this data cannot be modified unless the user enters the first page of Cartella Elettronica® again, by closing the current processing by clicking on the **Close** button or by clicking on the “x” symbol in the top right hand corner.

Ecleo® Food Therapy Version 7 - Limbert Christine

File Settings ? Close

Patient's name: **Limbert Christine** Sex: **F** Age: **45 yrs. 1 month** Height (cm): **172** Weight (kg): **88**

Physical structure: **Medium** Physical activity: **Light** Practises desirable physical activity: ☐

Parameters		Processes	
Basal metabolism	1595 kcal	BEE	1614 kcal
BMI	29.7	TDEE	2264 kcal
Desirable weight			

Energy supplies

	Grams	kcal	%
Proteins	70	281	20.00
Carbs	198	772	55.00
Lipids	39	351	25.00
Total		1403	100.00

Interactive Diet Centre

Buttons: **Edit**, **Calculate energy supplies**, **Food plan >>**, **Save**

Processes list (expandable):

- Study of the body composition
- Study of the ideal weights
- Differentiated sport and physical activity
- Basic diet treatments
- Physiologies of nutritional interest
- Pathologies of nutritional interest
- Food allergies and intolerances
- Operating options
- Food alternatives
- Food exclusions
- Food preferences
- Food variety control

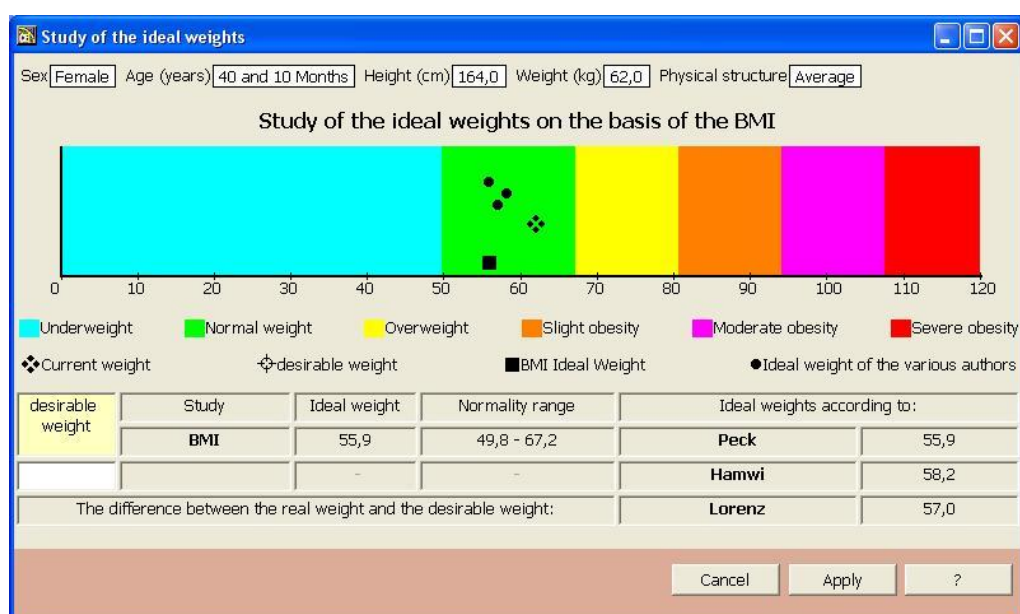
Picture (1.1): diet plan

The other *Parameters* that cannot be modified within Ecleo® and which appear in picture (1.1) are:

- *Basal metabolism*
- *BMI*
- *BEE*
- *TDEE*

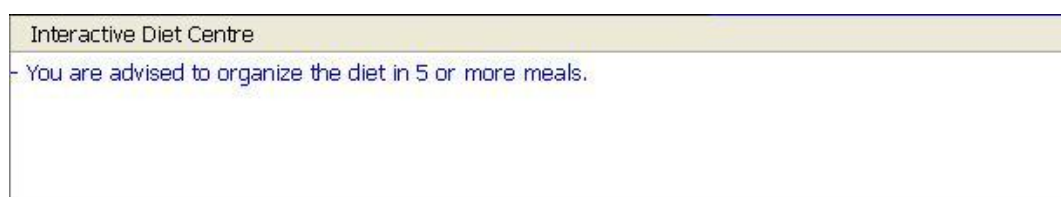
The *Desirable weight*, on the other hand, is entered by the user and can be modified at any moment by selecting the *Study of ideal weights*, from the list of processes displayed in the right hand section of the window.

The page concerning the *Study of ideal weights* is shared with the “Cartella Elettronica” program and is fully described in the manual (picture 1.2).



Picture (1.2): study of the ideal weights

Both in the window of the *Diet plan* (picture 1.1), as well as in that of the *Food plan* which is subsequently described in this manual, there is the *Interactive Diet Centre*, which is a space where some messages, intended for the user, will appear in certain significant situations (details in picture (1.3)).



Picture (1.3): interactive diet centre

Energy supplies

The software automatically calculates the energy supplies to be assigned to the patient, utilizing the data introduced in the current examination; the calculation of the supplies and in particular, the type of diet to be assigned (low-calorie, normal-calorie, high-calorie) depends on the difference between *Real weight* and *Desirable weight*, or, in the case in which the latter has not been indicated, on the difference between *Real weight* and *Ideal weight according to the BMI*.

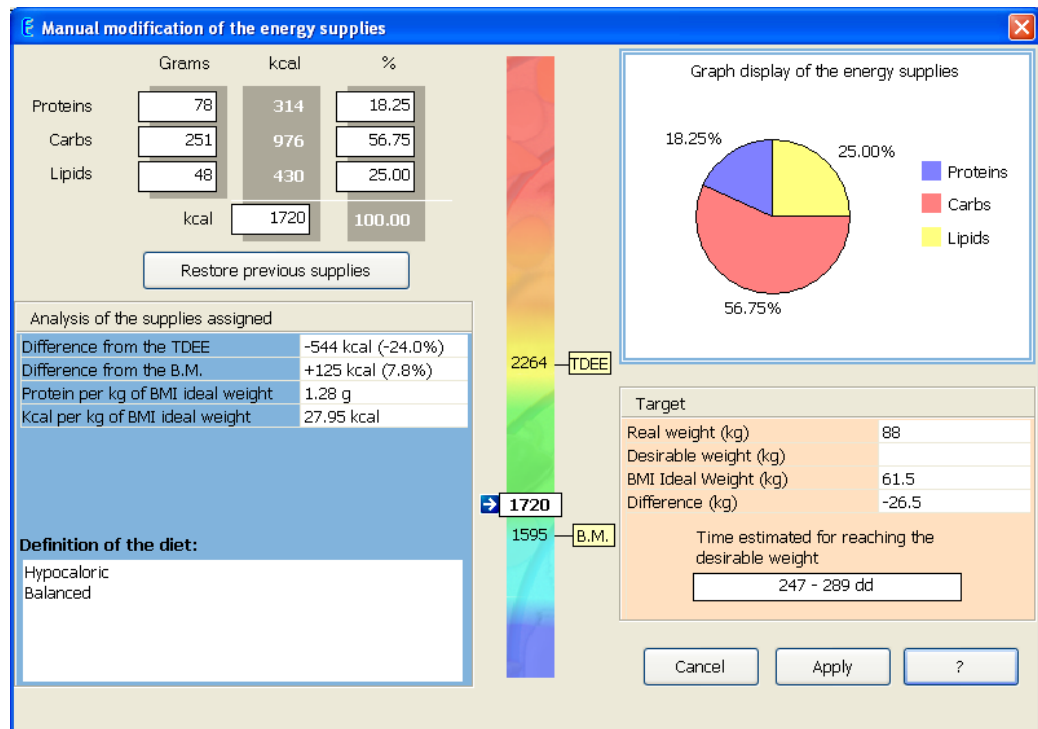
Energy supplies			
	Grams	kcal	%
Proteins	70	281	20.00
Carbs	198	772	55.00
Lipids	39	351	25.00
Total		1403	100.00
Edit Calculate energy supplies			

Picture (1.4): energy supplies

In the case in which one or more pathologies have been selected, these may influence the assigning of the energy supplies.

The window of picture (1.4), displays the grams of *Proteins*, *Carbohydrates* and *Lipids*, the kilocalories and the percentages of incidence of each item on the total of the supplies.

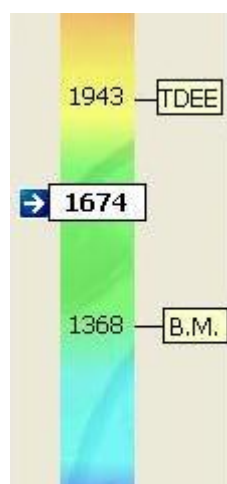
The calculated supplies can be modified by clicking on the **Edit** button, which will open the window of picture (1.5); the **Calculate energy supplies** button, on the other hand, will allow you, in the case in which incorrect modifications have been made, to restore the supplies initially calculated by the software.



Picture (1.5): modify energy supplies

The user may modify the assigned energy supplies, in two ways:

- The first method consists in dragging the small arrows with the mouse upwards or downwards along the coloured column situated in the centre of picture (1.5), which shows the positions corresponding to the *Basal metabolism* and the *TDEE* (details in picture (1.6)); in this manner you will be able to modify the total energy supplies, without changing the percentages of the distribution of the *Proteins*, *Carbohydrates* and *Lipids*.



Picture (1.6): details of the supplies column

- The second method is by directly changing the quantities in grams of the *Proteins*, *Carbohydrates* and *Lipids* inside the relevant white boxes by inserting new values; in this way it is also possible to modify the total of the kilocalories and the percentages of distribution.

	Grams	kcal	%
Proteins	78	314	18.25
Carbs	251	976	56.75
Lipids	48	430	25.00
	kcal	1720	100.00

Picture (1.7): manually modify supplies

The **Restore previous supplies** button (picture (1.5)) allows you to cancel any possible modifications and restore the energy supplies initially calculated by the software.

Each modification automatically activates a new calculation of the data regarding the *Statistics* (picture (1.8)), the *Definition of the diet* (picture (1.9)) and the *Graph display of the supplies* (picture (1.10)). Also the *estimated time to reach the desirable weight* (picture (1.11)) is influenced by the calculation of the energy supplies, therefore, any possible modifications of these will reflect immediately on the number of days which are statistically necessary for reaching the target.

Analysis of the supplies assigned	
Difference from the TDEE	-269 kcal (-13,8%)
Difference from the B.M.	+306 kcal (22,4%)
Protein per kg of BMI ideal weight	1,36 g.
Kcal per kg of BMI ideal weight	29,93 kcal

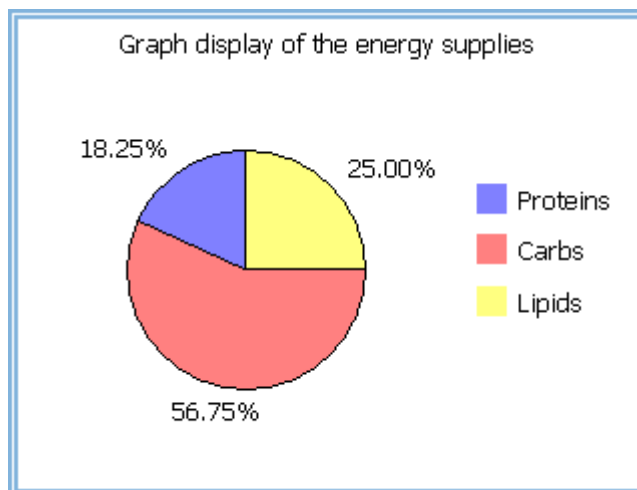
Picture (1.8): statistics

Definition of the diet:

Slightly hypocaloric

Balanced

Picture (1.9): definition of the diet



Picture (1.10): graph of the supplies

Target	
Real weight (kg)	62
Desirable weight (kg)	56,6
Difference (kg)	-5,4

Time estimated for reaching the desirable weight

34 - 42 dd

Picture (1.11): estimated time for reaching the target

The **Cancel** button will close the window of picture (1.5), without saving any possible modifications made; the **Apply** button, instead, will confirm them.

Processes

In the section on the right hand side of the window of picture (1.1), it is possible to gain access to a series of processes:

- *Study of the corporeal composition**
- *Study of the ideal weights**
- *Differentiated physical activity and sport*
- *Basic diet treatments*
- *Pathologies of nutritional interest**
- *Food allergies and intolerances**
- *Operational options*
- *Food alternatives*
- *Food exclusions*
- *Food preferences*
- *Food variety control*

Herein follows a paragraph dedicated to each one of the processes listed above with the exclusion of those marked with an asterisk (*Study of the corporeal composition*, *Study of the ideal weights*, *Pathologies of nutritional interest* and *Food allergies and intolerances*), which being shared by the Cartella Elettronica® program, have already been described in its user's manual, to which you can refer.

Differentiated physical activity and sport

This process enables you to differentiate, in the ambit of a weekly scheme, the energy supplies of the diet according to the real physical activity and/or sport carried out by the patient; it is possible, moreover, to take into account, in the calculation of the energy supplies to be assigned, any possible variations regarding the physical activity, both with regard to the specific days on which it is practiced as well as to its weekly frequency.

The user has five different functions at his/her disposal (picture (1.12)):

- *Manually modify the energy supplies*
- *Daily physical activity levels*
- *Weekly physical activity levels*
- *Daily sports activities*
- *Weekly sports activities*



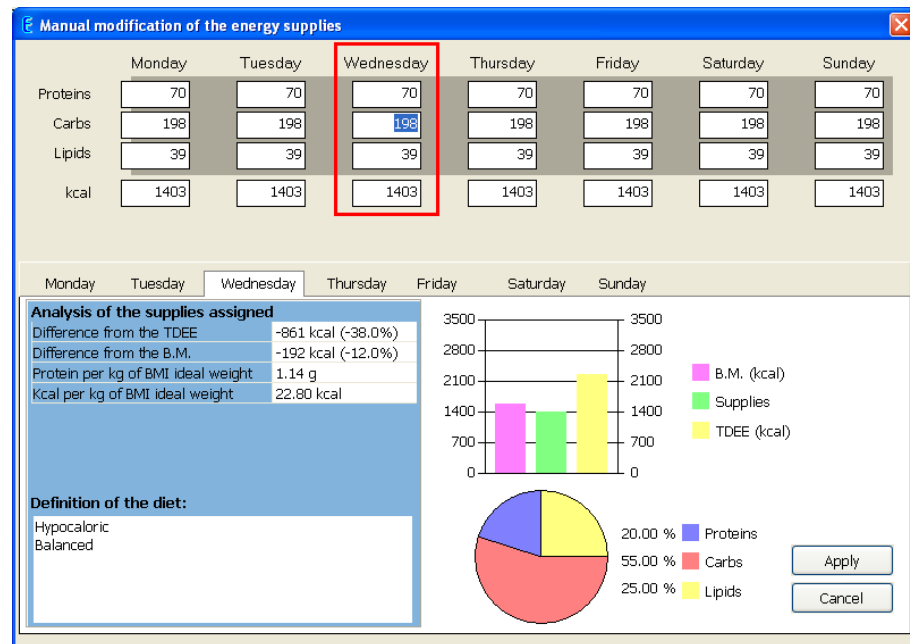
Picture (1.12): differentiated physical activity and sport

On the opening of the menu of picture (1.12), in the case where a function in the list has already been utilized, this will be written in bold type; if you should decide to use another function, any previously made modifications will be automatically cancelled as it is not possible to use more than one of these functions at a time in the same processing..

If one of the five options has been previously utilized, the item *Delete differentiated supplies and sport* will be added to the items of the menu that are shown in picture (1.12). If you click on this item, the previous processing will be eliminated, and consequently the relevant modifications made to the energy supplies.

The first function enables you to manually modify the energy supplies of one or two days of the weekly eating plan. To gain access to this function, from the window of picture (1.12) select the item *Manually modify the supplies*, click inside the box where you wish to enter the new value; the day in which you are making the modification will be enclosed inside a red rectangle and the data and the graphs displayed on the lower part of the screen will automatically show the variations made.

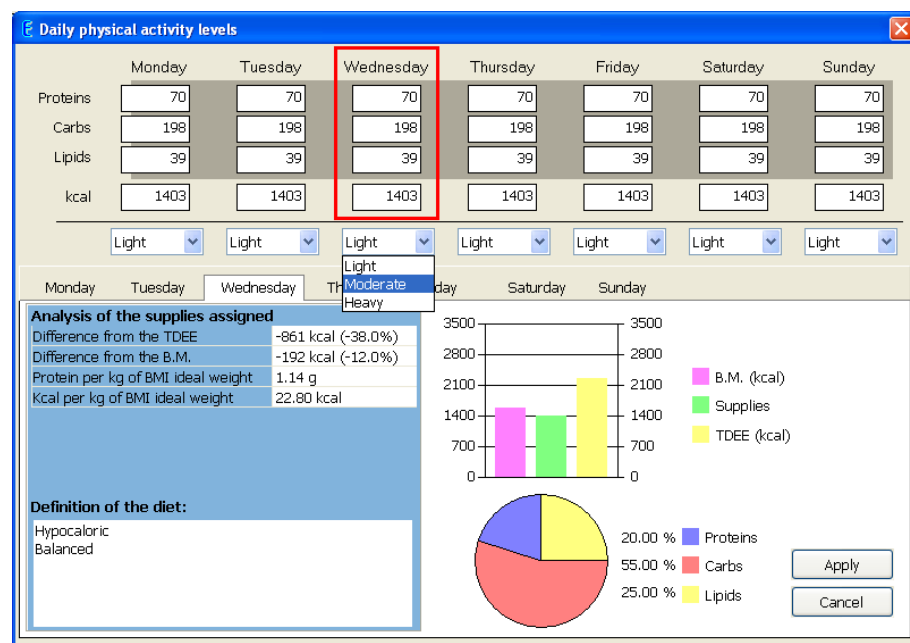
The **Apply** button is needed to confirm the modifications made, while the **Cancel** button closes the window without saving them.



Picture (1.13): manual modification of the supplies

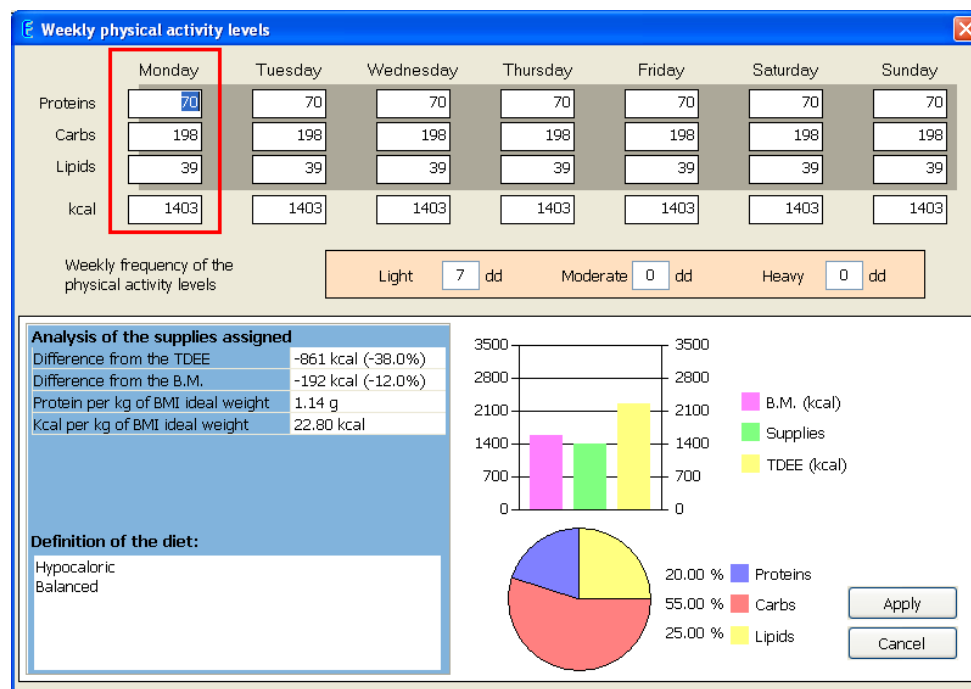
The *Daily levels of physical activity* function (picture (1.14)), on the other hand, allows you to modify the daily level of physical activity carried out by the patient choosing from *Light*, *Moderate* and *Heavy*. When you open the window, all the days will have the same energy supplies and the corresponding level of physical activity. To modify the relevant level of a day of the week, using the small arrow in the appropriate box, select the level desired; the software will automatically take care of updating the supplies of that day, which will appear enclosed in a red rectangle, and all the data and the relevant graphs.

The **Apply** button is needed to confirm the modifications made, while the **Cancel** button is for closing the window without saving them.



Picture (1.14): Daily levels of physical activity

With the *Weekly levels of physical activity* function, by choosing from *Light*, *Moderate* and *Heavy*, the user is able to arrange for the software to take into account in the calculation, the fact that the patient doesn't carry out a physical activity constantly but with a certain weekly frequency. In the example of picture (1.15), the patient carries out a *Light* physical activity for five days a week and a *Moderate* activity for the other two days; not having the possibility of knowing on which days these variations take place, the software will calculate the daily energy supplies, diluting the increment in the space of the week.



Picture (1.15): weekly levels of physical activity

In order to use this function, type the weekly frequency corresponding to each level, so that the sum of the frequencies will always equal seven.

The **Apply** button is for confirming the modifications made, while the **Cancel** button is for closing the window without saving them.

The *Daily sports activity* function (picture (1.16)) is particularly suitable when the patient carries out a sports activity in a regular manner. You must select the day of the week, that will be highlighted by a red rectangle, click on the type of sport from the right hand list below and type the duration of the training; the software will automatically update the energy supplies of the day in question and, for certain sports activities, also that of the previous day and the following day.

To remove a previously chosen item, click on the button on the left of the description of the sport so that this will be eliminated by the calculation; it is also possible to insert more than one sports activity in the same day.

The **Apply** button is needed to confirm the modifications made, while the **Cancel** button is for closing the window without saving them.

Daily sports activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Proteins	63	75	82	75	63	63	63
Carbs	177	177	191	177	177	177	177
Lipids	35	35	37	35	35	35	35
kcal	1250	1299	1405	1299	1250	1250	1250

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

☒ Water-gym 0 : 45
☒ 0 : 0
☒ 0 : 0
 Total 0 : 45

Select the sport practised from the list with a double click and indicate the time in hours and minutes. To eliminate a selected sport click on the button situated on the left of the description.

Water-gym
Aikido
Mountaineering (without load)
Mountaineering (with load of 5 kg)
Mountaineering (with load of 10kg)
Mountaineering (with load of 20 kg)
Disco dance
Body building
Football (training)
Football (match)
Walking slowly (on an asphalt surface)
Walking on the grass
Walking in the countryside

The minimum time for calculating the sports activity is 10 minutes

Apply Cancel

Picture (1.16): Daily sports activities

In the case where the patient, on the other hand, practises one or more sports activities with a constant weekly frequency but not on set days, it is possible to utilize the *Weekly sports activity* function.

Weekly sports activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Proteins	70	70	70	70	70	70	70
Carbs	182	182	182	182	182	182	182
Lipids	36	36	36	36	36	36	36
kcal	1307	1307	1307	1307	1307	1307	1307

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

☒ Water-gym 0 : 45 - 2
☒ Walking in the mountains 1 : 0 - 1
☒ 0 : 0 - 0
☒ 0 : 0 - 0
☒ 0 : 0 - 0
☒ 0 : 0 - 0
 Total 1 : 45 - 3

Select the sport practised from the list with a double click and indicate the time in hours, minutes and days. To eliminate a selected sport click on the button situated on the left of the description.

Body building
Football (training)
Football (match)
Walking slowly (on an asphalt surface)
Walking on the grass
Walking in the countryside
Walking in the mountains
Fast walking
Rowing (moderate)
Rowing (in a race)
Cycling (moderate 9 km/h)
Cycling (moderate 15 km/h)
Cycling (in a race)

The minimum time for calculating the sports activity is 10 minutes

Apply Cancel

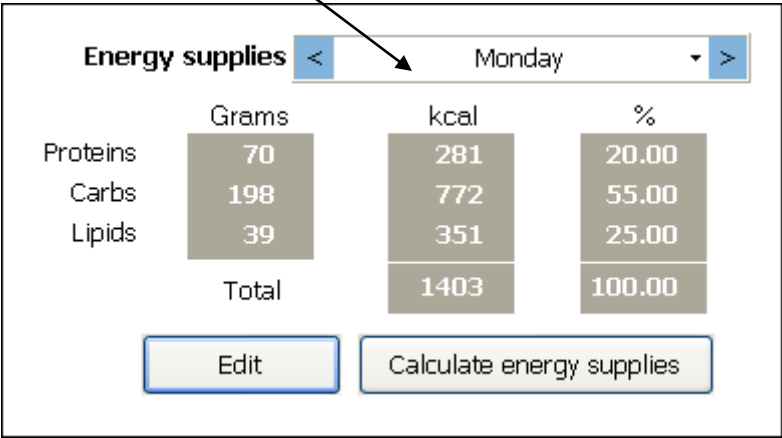
Picture (1.17): Weekly sports activities

As illustrated in picture (1.17), you must select the sports practised from the right hand list and indicate next to each one of these, in the table on the left, the duration of each training and the weekly frequency.

Also in this case as in that of the *Weekly physical activity levels*, there will be no differentiation of the energy supplies assigned on the various days, but a dilution of the increment during the week.

The **Apply** button is needed to confirm the modifications made, while the **Cancel** button is for closing the window without saving them.

In the cases where there is a differentiation of the energy supplies, the window of picture (1.1) will appear modified as shown in the example in picture (1.18) where the appearance of a window containing the first day of the week is highlighted; to view the energy levels regarding the other days, you need to use the arrows situated at each end of the window, or select the day requested by the menu to which you can gain access by clicking on the ▼ symbol.



Energy supplies < Monday >

	Grams	kcal	%
Proteins	70	281	20.00
Carbs	198	772	55.00
Lipids	39	351	25.00
Total		1403	100.00

Edit Calculate energy supplies

Picture (1.18): differentiated energy supplies

Basic diet treatments

In the case where pathologies of nutritional interest are chosen, the software will automatically activate one or more diet treatments that will influence the energy supplies, the food choices and their quantities;

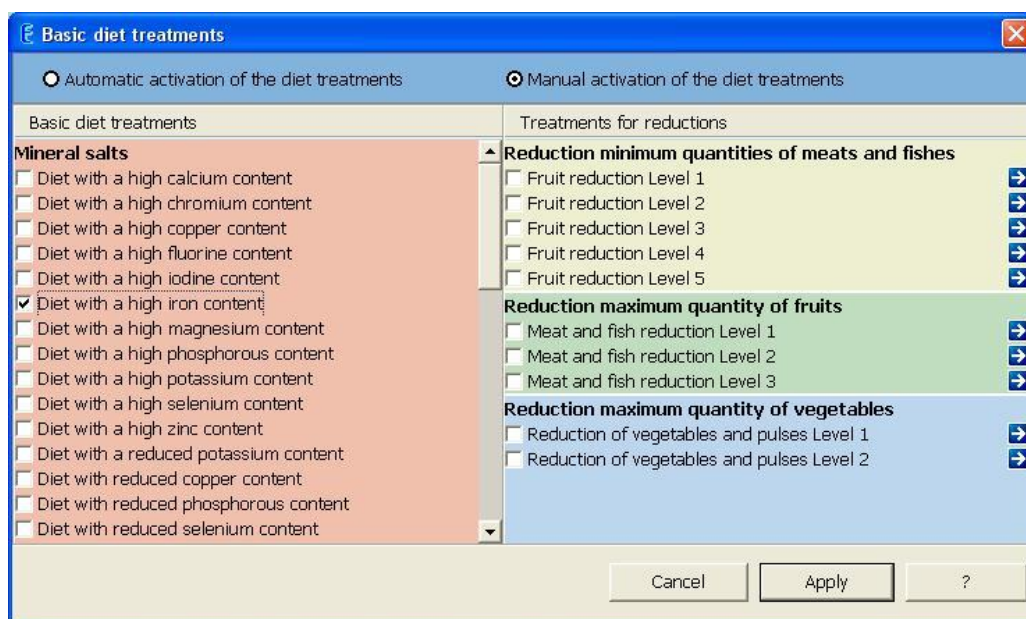
An alternative to this option is the *Basic diet treatments* function, which allows the user to personalize the choice of treatments to activate, both in the presence or in the absence of a pathology. Selecting this function from the list of processes in picture (1.1), you will gain access to a window that in its basic setting foresees the *Automatic activation of diet treatments*; by choosing the option *Manual activation of the diet treatments*, the window of picture (1.19) will appear.

The treatments are of two types: *Basic diet treatments* and *Treatments acting on the quantities*. The first are divided into three groups, *Mineral salts*, *Vitamins* and *Other nutrients*, which can be fully viewed by moving the appropriate side bar. To select one or more of these treatments click in the small corresponding box; the software will process, according to the items requested, a diet with a high or reduced content of one or more nutrients.

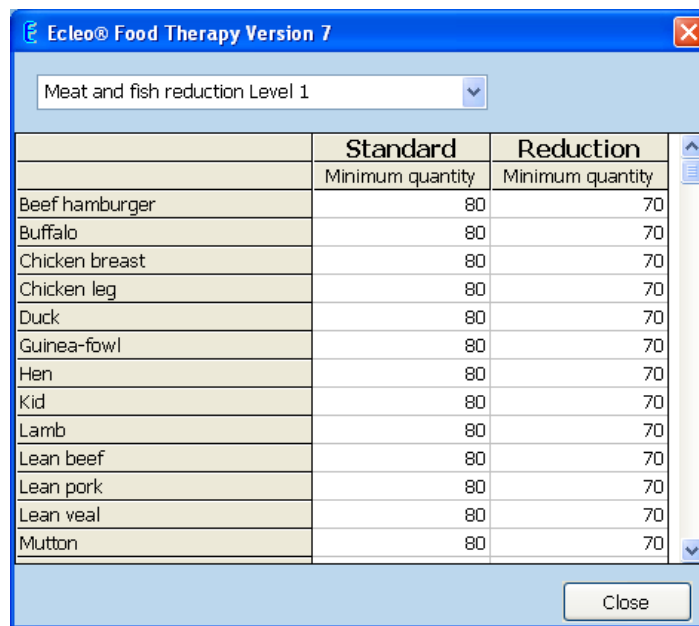
The *Treatments acting on the quantities*, on the other hand, influence the quantities of the foods of the following food categories: *Fruit*, *Vegetables*, *Meat* and *Fish*.

In both the first type of treatment as well as the second, there may be more levels of increase or reduction; the choice of one of such levels will automatically exclude the others.

Clicking on the  symbol on the right of the *Treatments acting on the quantities*, will open an ulterior window (picture (1.20)) where the standard quantities and the quantities relevant to the possible modification for reduction or increase, for each category, are displayed.



Picture (1.19): diet treatments



	Standard	Reduction
	Minimum quantity	Minimum quantity
Beef hamburger	80	70
Buffalo	80	70
Chicken breast	80	70
Chicken leg	80	70
Duck	80	70
Guinea-fowl	80	70
Hen	80	70
Kid	80	70
Lamb	80	70
Lean beef	80	70
Lean pork	80	70
Lean veal	80	70
Mutton	80	70

Picture (1.20): levels of reduction/increase

The **Apply** button of picture (1.19) is used to confirm the choices made, while the **Cancel** button is for closing the window without saving them; in the latter case, the software will utilize the *Automatic activation of the diet treatments*.

Operational options

The *Operational options* are functions, which, with different methods, allow the personalization of the diet according to the patient's needs, the time he/she has available and his/her lifestyle, while favouring his/her *compliance*.

The *Fast Diet Level* acts by eliminating those foods from the eating plan that require more time to prepare; it includes two levels, *Level 1*, which excludes a certain number of foods and level 2, which widens the exclusion to a greater number of foods.

The *Visual Weight* option is for assigning certain foods in an alternative and more familiar measurement unit (ex. glass, unit, portion, teaspoon.....); also in this case there are two levels, the basic *Visual Weight* and the *Visual Weight Extended* which apply the use of the alternative measurement unit to a greater number of foods. These options do not extend, however to those categories which are preferably measured using traditional measurement units.



Picture (1.21): operational options

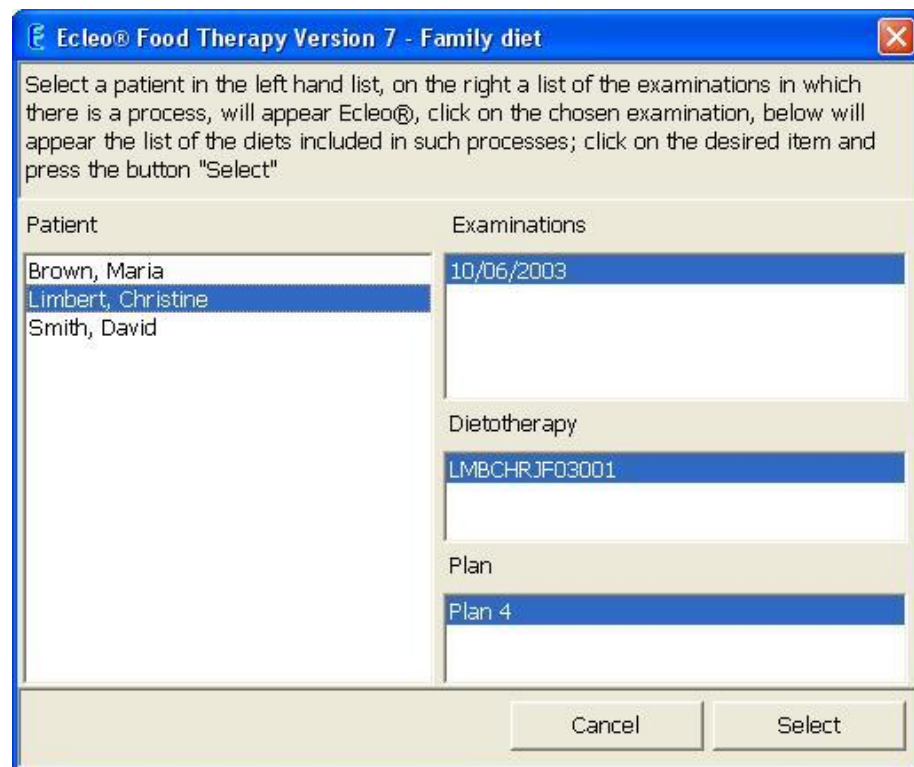
The *Family diet* function can be used when two or more patients, belonging to the same family and not suffering from any pathologies go on a diet; the option determines the combining of the eating plan and the food choices for the chosen diets, while the quantities of the foods will obviously be personalized.

After having processed the first diet, which you intend to use as a reference, you can carry out the following ones by activating the option *Family diet* from the window shown in picture (1.21).

A second window will open (picture (1.22)) where, the user can select the name of the patient in reference from the list on the left; on the right part of the window you will see the examinations carried out and the processed diet.

On clicking on an examination, one or more diets that have been processed on that date will appear listed below, while, in the lower area you will see the description of the corresponding food plan. After having selected the item of interest click on the **Select** button to confirm or on the **Cancel** button to go back to the window in picture (1.1).

In the *Food Plan* of the diet that is being combined with the reference one, you will be able to assign not only breakfast but also other minor meals (mid-morning snack, afternoon snack, evening snack etc.) according to the patient's needs; the structure of the lunch and the dinner will be the same as in the reference diet, however, you will be able to carry out some modifications (ex. Substitute a food category with another at lunch or at dinner on a certain day).



Picture (1.22): family diet

In the case where two diets, that have energy supplies which are very different from each other, are processed, we advise you to use the one that has the lowest supply as the reference and activate the *Family diet* function for the other.

The various *Operational Options* can be activated at the same time by clicking in the small appropriate box on the left of each item; while the choice of one level for the options *Fast Diet* and *Visual Weight*, will automatically exclude the other.

The **Apply** button is needed to confirm the choices made, while the **Cancel** button closes the window without saving them.

Food alternatives

The *Food alternatives* function allows you to assign some substitutions for the foods included in the diet while still respecting the daily menu style; it represents one of the many functions that favours the patient's *compliance*. The alternatives are carried out between foods belonging to the same food category, taking into account any possible pathologies or exclusions concerning the patient, and the quantities are calculated in order to guarantee the caloric equivalent.

The alternatives, once assigned, are printed in the form of a table (see picture (1.23)) where, the name of the food is written on the top line with the quantity or quantities assigned in the diet, written next to it. The possible substitutions, in the number set by the user, with the quantities that have been calculated equivalent from a caloric point of view, by their side, are written on the lines underneath; in the case in which the first food has been assigned more than once in different quantities, the patient must consume the substituting food in the quantity written in the same column of that of the first food (in the example of picture (1.23) 110 g. of cod can be substituted by 100 g. of sole or 110 g. of cuttlefish, while 220 g. of cod can be substituted by 190 g. of sole or 220 g. of cuttlefish).

FOOD	Qty.01	Qty.02
Cod	q 110	q 130
Plaice	q 110	q 120
Smooth dogfish	q 100	q 120

Picture (1.23): food alternatives table

To assign alternatives to the foods, select the title *Alternative foods* from the list of processes shown in picture (1.1), the window shown in picture (1.24) will open in which, by moving the appropriate cursor, you will be able to view the following macro-categories:

- *First courses*
- *Main courses*
- *Vegetables*
- *Fruit*
- *Other foods*
- *Drinks*
- *Condiments*

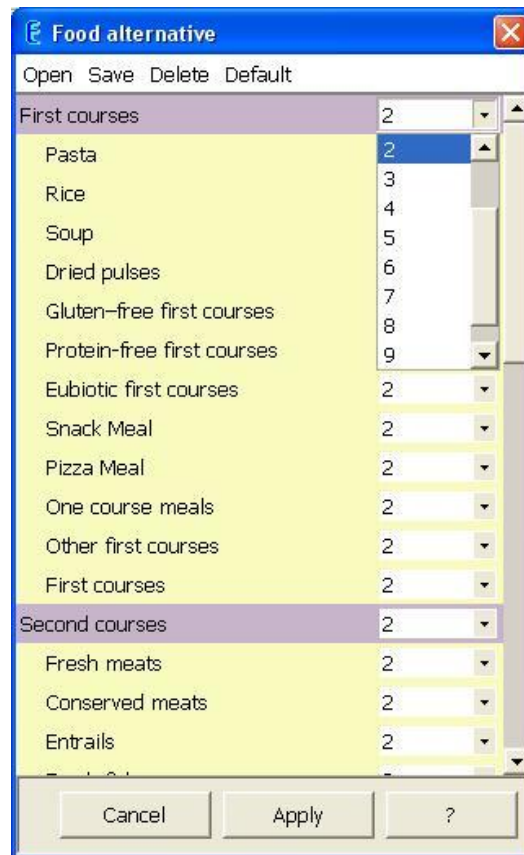
Each macro-category, in its turn, includes a series of food categories.

It is possible to assign the same number of alternatives within each macro-category, by going to select the desired number (from 0 to 10) in the window on the right of the name; in this case the foods belonging to the various categories of the group in question will receive the same number of substitutions (for example if the number 2 is entered next to the *First courses*, then the categories such as Pasta, Rice, Soup, etc. will have the same number of alternatives).

It is also possible to choose a certain number of alternatives for a macro-category and request a different number for one or more of the categories of which it is composed (for example you can assign 2 alternatives for the *First courses* and select "0" next to the dry Legumes category, so there will be no substitutions)

All the modifications made can be saved with the *Save* function which allows them to be memorized with a name chosen by the user; in this way it will be possible to use them again in the future by simply recalling them by means of the *Open* function.

With the *Delete* function, it is possible to eliminate any possible settings wrongly saved or considered no longer necessary, while with the *Default* function it is possible to establish which one should be the *default* setting among those saved.



Picture (1.24): Food alternatives

The **Apply** button is needed to confirm the choices made, while the **Cancel** button closes the window without saving them.

Food exclusions

The *Food exclusions* process enables the user to personalize the diet according to the patient's tastes. It is possible to exclude single foods or whole categories and subsequently modify the exclusions made.

To exclude a category, select the macro-category in the top left of the window in picture (1.25), for example *First courses*, and click twice on the name corresponding to the category you wish to eliminate which will be shown in the right hand column called "Exclusions"; to exclude certain foods, select the category to which they belong in the first column and double click on the relevant name in the central column called "Foods" and the chosen food will be listed with the exclusions.

To remove a food or a category from the exclusion column, double click on the name of the food while if you wish to remove all the exclusions previously carried out select the **Remove all** button.

Some foods and/or categories are marked by a small coloured square which informs the user of a possible unavailability of the food, the key at the bottom of picture (1.25) shows, by the corresponding colours, the reason for this exclusion:

Red: the food is automatically excluded by the software due to the selected pathologies;

Fuchsia: the food is excluded due to an allergy or intolerance;

Pink: the food is excluded by one or more basic diet treatments;

Yellow: the food has been excluded by the patient;

Light blue: an operational option has been selected that determines the exclusion of the food, (for example if you choose the *Fast Diet Level 2* option, the Dry chickpea food will be excluded;

Purple: the food is unavailable due to the concomitance of various exclusions;

Green: the food has been inserted, among those preferred, by means of the *Food preferences* function;

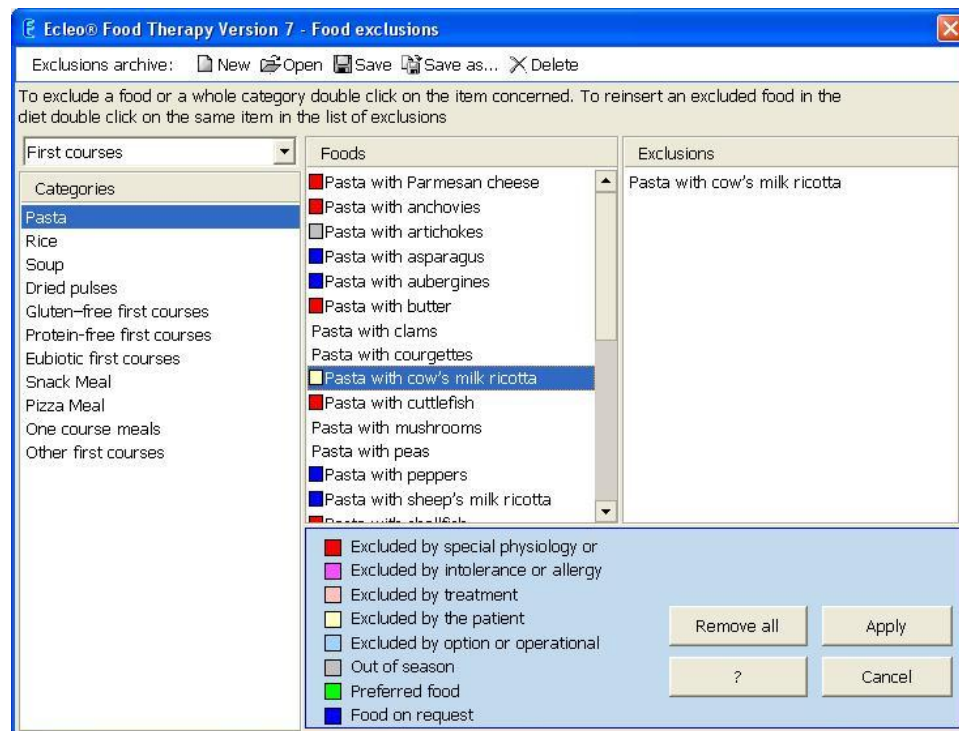
Dark blue: the food is "on request" according to the original profile, which can be modified by opening the *Settings* menu, as will be explained in the relevant paragraph.

Grey: the food is out of season in the current period.

In order to include in the processing a food or category that has been excluded due to one or more of the above listed reasons, except for the foods that the patient doesn't like, utilize the *Food preferences* function described in the following paragraph.

It is possible to save a series of excluded foods with a definite name (function: *Save as...*) so as to reopen them (function: *Open*) and use them in subsequent processes, in this way avoiding having to repeat the operation for the foods that you do not wish to re-enter the eating plan; the user can modify the group of previously saved exclusions and memorize it thanks to the *Save* function.

It is possible to remove from the exclusions archive the ones that have been previously saved, by means of the *Delete* function, while the *New* function will allow you to remove the exclusions in the right hand column.



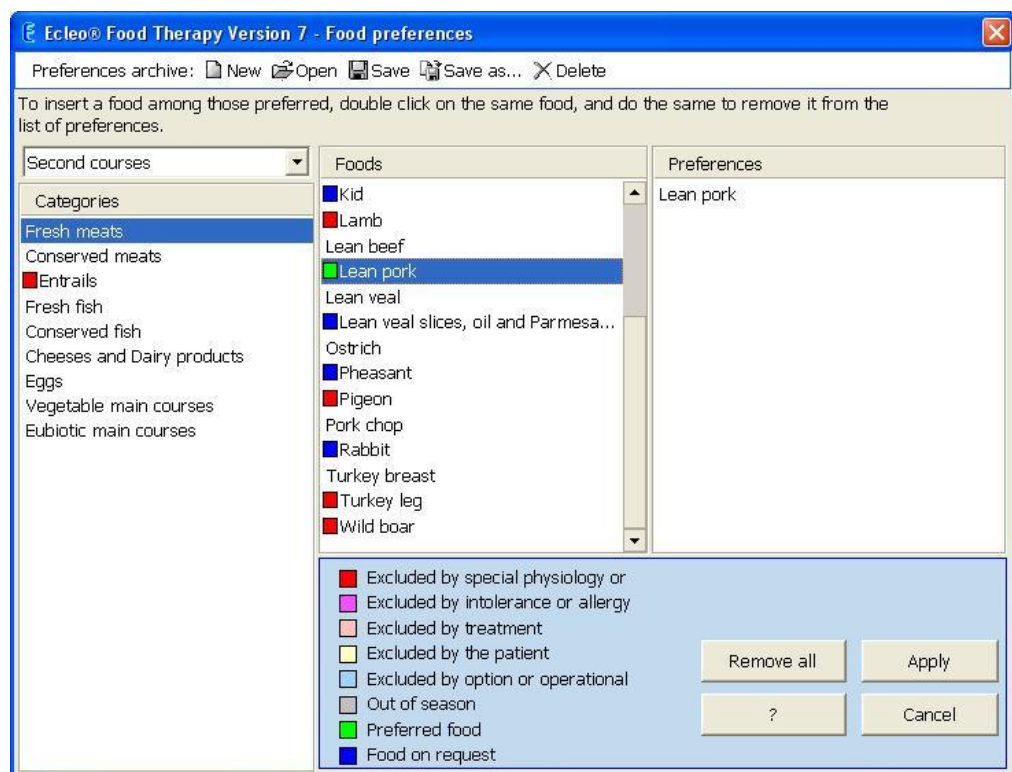
Picture (1.25): food exclusions

The **Apply** button is for confirming the choices made, while the **Cancel** button closes the window without saving them.

Food Preferences

The *Food preferences* function allows you to indicate one or more foods that you wish to assign more often in the diet; it also allows you to use in the processing a food that has possibly been excluded by operational options, pathologies, physiologies, season etc.

To prefer a food, select the macro-category to which it belongs in the top left of picture (1.26), (for example *Main courses*), and click just once on the category desired, (for example *Fresh meats*), then double click on the food you prefer, for example *Beef* which will be shown in the list of the “Preferences”.



Picture (1.26): food preferences

As in the previously described *Exclusions* function, some foods are marked by a small coloured square and the key below indicates the activated option to which the colour corresponds (picture (1.26)). The foods preferred will be marked by a small green square and in the case in which foods excluded by a pathology (red square) or by the patient (yellow square) have been chosen, then a window will appear on the screen asking the user to confirm the operation.

To cancel a preference, double click on the name of the food in the “Preferences” section; to cancel all the preferences made, click on the **Remove all** button or use the *New*  function at the top of the screen among the menu options.

It is possible to save a series of preferences with a definite name (function *Save as...* ) so that you will have access to them at a later moment utilizing the *Open* function  and be able to use them in future processes; the archived previous preferences can be modified and memorized by means of the *Save* function .

The groups of preferences contained in the archive can be eliminated using the function *Delete* .

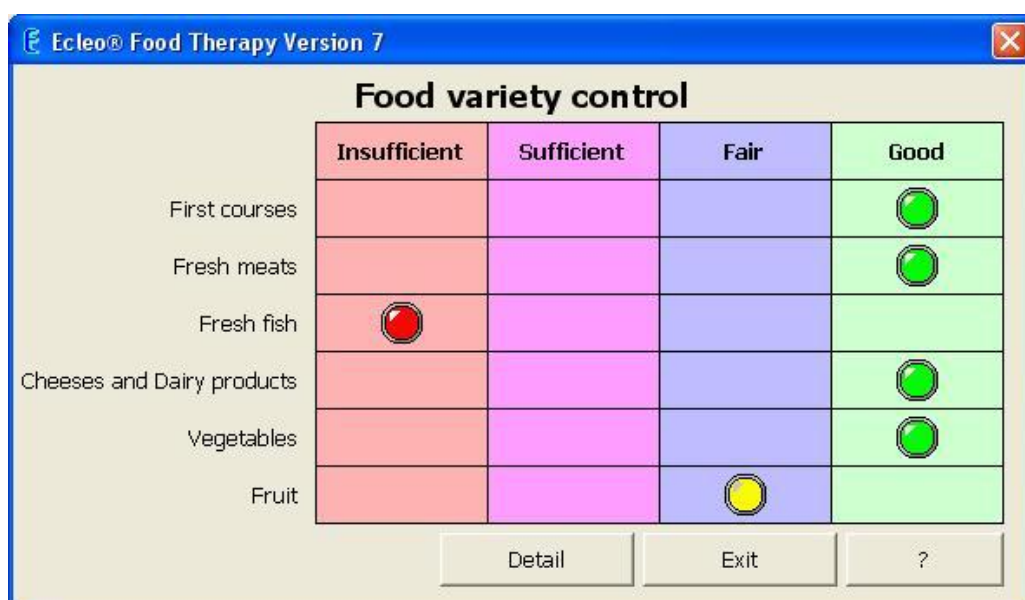
The **Apply** button is needed to confirm the choices made, while the **Cancel** button closes the window without saving them.

Food variety control

This function represents a useful instrument for assessing the variety of the diet that is going to be processed before proceeding to the Eating plan; the variety of the food included in the diet, in fact, represents one of the most important factors for favouring the patient's *compliance* and in some cases, due to the concomitance of pathologies or particular operational options or exclusions made by the patient, it could be jeopardised.

On selecting the title *Food variety control* from the list of processes, a window will open (picture (1.27)) that will show the assessment of the availability of the foods (Insufficient, Sufficient, Fair, Good) regarding the various macro-categories.

By clicking on the button **Detail >>**, you will gain access to a window (picture (1.28)) in which by selecting a determined macro-category you will be able to assess the number of foods actually available.



Picture (1.27): food variety control

You can, in this way, consider the possibility or not of carrying out any modifications before going ahead with the processing.



Picture (1.28): food variety detail

It could be necessary, in fact, to check the food exclusions made by the patient, re-entering one or more foods, or consider the possibility of inserting possible foods “on request” (the procedure for performing these operations is illustrated in the paragraph *Food exclusions, Food preferences, Settings*).

The **Exit** button closes the window of picture (1.27).

Diet management

The *Diet plan* (picture 1.1.) contains two menus in the top left part of the window:

- *File*
- *Settings*

On clicking on the heading *File* the following functions will be proposed:

- *Add diet*
- *Select diet*
- *Delete diet*
- *Import from diet*

The *Add diet* function allows you to process, after the first, other diets in the same examination, each one of which will be memorized with a determined name. In the centre of the screen you will see the window of picture (1.29) with the name of the previous diet; the user will have to type on top of this the name of the new diet and confirm with the **OK** button.



Picture (1.29): add diet

The diet will be memorized in a special archive, that can be consulted by means of the *Select diet* function. On selecting this function a table (picture (1.30)) will appear showing the list of all the diets regarding the current examination, accompanied by the date and the hour in which every diet has been processed the first time and the date and the hour of the latest modification.

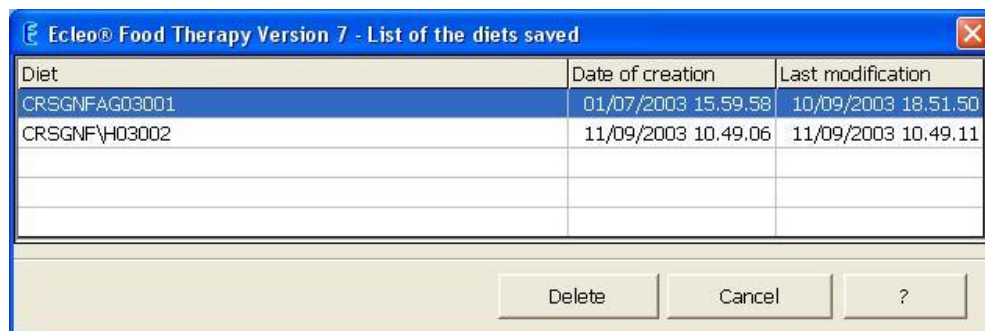
Ecleo® Food Therapy Version 7 - List of the diets saved		
Diet	Date of creation	Last modification
CRSGNFAG03001	01/07/2003 15.59.58	10/09/2003 18.51.50
Rename New Open Cancel ?		

Picture (1.30)

On selecting the item of interest you will be able to change its name using the **Rename** button and with the **Open** button you will be able to view and if necessary modify it.

The **New** button is equivalent to the *Add diet* function, described previously, while the **Cancel** button closes the window.

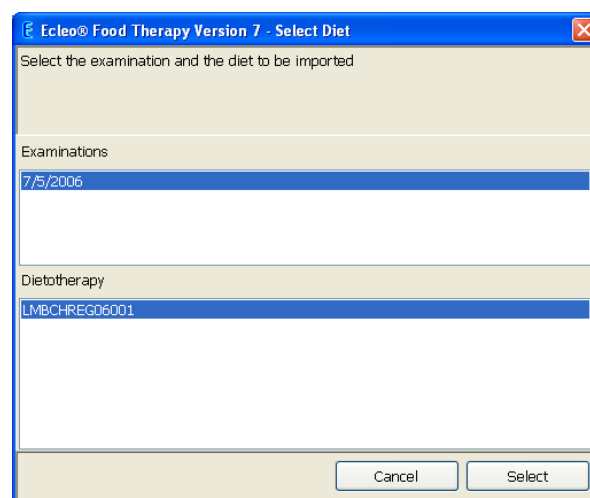
The *Delete diet* function allows the user to eliminate a previous diet , saved in the archive of picture (1.31); to carry out this operation, select the diet to be eliminated and click on the **Delete** button.



Picture (1.31): eliminate diet

The option does not allow the elimination of the current diet, but only of the ones that are “not open” at the moment; in any case the software will ask for confirmation of the operation.

The *Import from diet* option (picture (1.32)) allows you to import, in the current examination, the data and the settings of a previously processed diet (ex. operational options, food exclusions/preferences, food alternatives, eating plans....):



Picture (1.32): import from diet

To activate this option you must select the data of the examination when the processing was carried out and, in the area below, the name of the reference diet; use the **Select** button to confirm the operation.

The aim and the importance of this function is that of allowing the processing of a new diet in less time, in that the user needn't repeat entering the information that is still the same (for example: it won't be necessary to carry out the *Food exclusions* again).

The user will, however, be able to carry out modifications also to the data that has been imported (for example: add a new food to the *Food exclusions* because the patient claims not to like it anymore).

Settings

The *Settings* menu is composed of the following items:

- *Personalization*
- *Food printing format*
- *Supplements archive*

With the *Personalization* function it is possible to set certain parameters regarding both the processing as well as the printing of the diet; these settings, unless they are modified, will remain fixed for the following processes.

The *Visualization* option allows you to choose the measurement unit of energy (*kcal* or *kjoule*) which will be adopted within the program and in the printing of the diet.

Variety optimization of the diet is an automatic procedure that carries out a control on the variety of the diet during the processing, optimizing the distribution of the foods during the week. It is possible, by activating the item *request when needed*, to have the software advise the user of any possible need to check the variety; alternatively, by selecting *Always start optimization*, it is possible to decide that this control is activated at each processing, or by choosing the option *Don't start optimization* to exclude the function.

Other options include:

- *Optimize condiment*: by selecting this option, the program will assign each day at least 4 teaspoons of condiment for every 1000 kcal (ex: if the energy supply of the diet is 1500 kcal, at least 6 teaspoons of condiment will be assigned a day);
- *Choose cheeses according to the lipids at one's disposal*: this option makes sure that, in the processing, preference is given to cheeses that in their eatable quantity are in line with the availability of the lipids assigned (ex: if the quantity of lipids at the patient's disposal is low, only low-fat cheeses will be chosen);
- *Activate "Automatic breakfast" function*: this option allows direct access to the calculation of the *Automatic breakfast* (see Capital 2 – *Daily meals*) at the moment in which you pass from the *Diet plan* to the *Food plan*. Just indicate some parameters (*Type of breakfast*, *Number of breakfasts*, *Percentage of kilocalories to be assigned*) and the software will automatically select the foods to be included in the breakfast and the relevant quantities;
- *Propose the most suitable food plan (Genius)*: on selecting this item, the program will automatically propose the optimal structure of the main meals (*Lunch* and *Dinner*), according to the data entered and taking into account any minor meals assigned (*Breakfast*, *Mid-morning snack*...);

- *Confirm before calculating the “Genius plan”*: in this case the user will be asked first if he/she wishes or not to calculate the most suitable food plan (Genius);
- *Automatically exclude the compound foods*: on selecting this item, the program will automatically exclude all the compound foods that contain a food component excluded by the user.
- *Request the exclusion of the compound foods*: on selecting this item, the program will ask confirmation to exclude all the compound foods that contain a food component excluded by the user. This option automatically eliminates the previous one and visa versa.

Printing default settings include a series of options regarding the personalization of the graphic aspect of the diets; these parameters, once defined, will interest all the diets that will be processed.

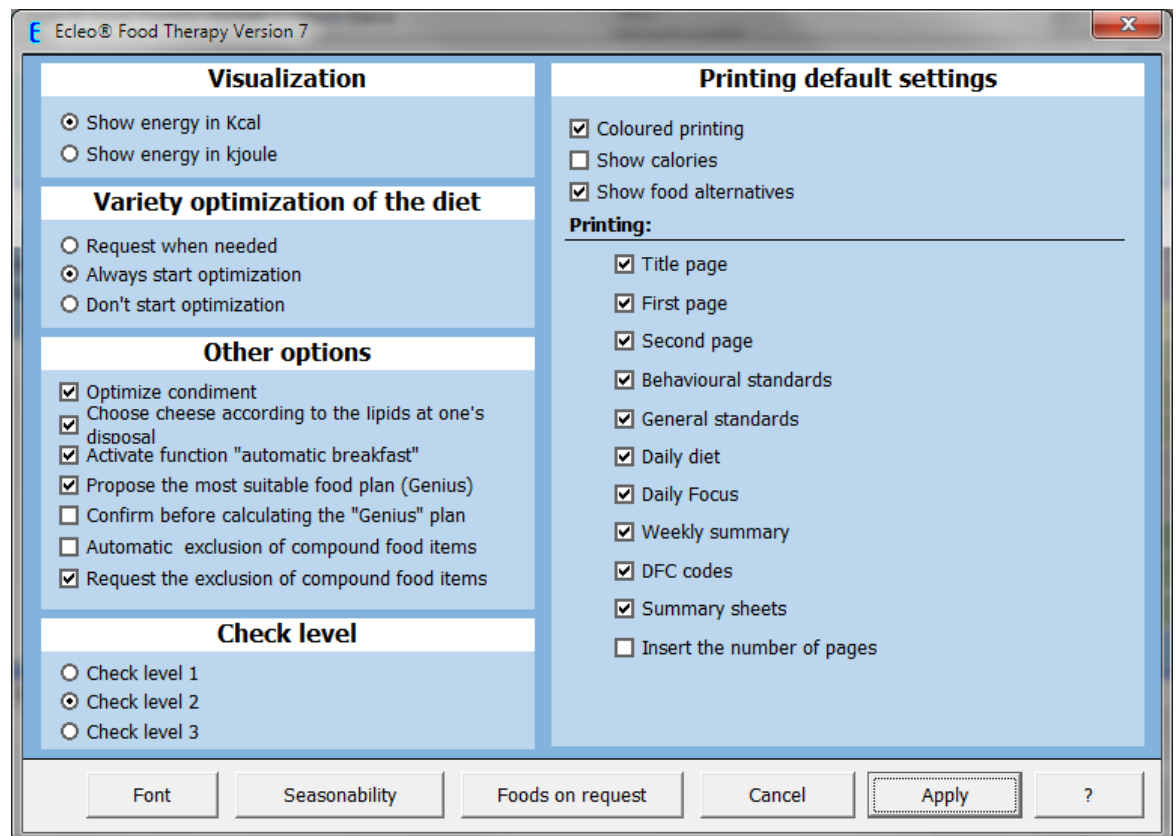
The Check Level function is a system that checks the energy supplies automatically calculated by the software and includes three options from which the user can choose.

The three options representing different levels regarding the calculation of the personalized energy supplies are made up of a basic level (Check level 1), an intermediate level (Check level 2) and a higher level (Check level 3).

After having chosen the option that you wish to utilize for the calculation of the energy supplies of subsequent processes, your choice will remain as default but will however, be modifiable at a later date.

To activate the functions shown in the window, click inside the small disc or in the small box to the left of the item concerned and select the **Appy** button to confirm it.

With the **Cancel** button, any possible modifications to the basic settings will be erased.



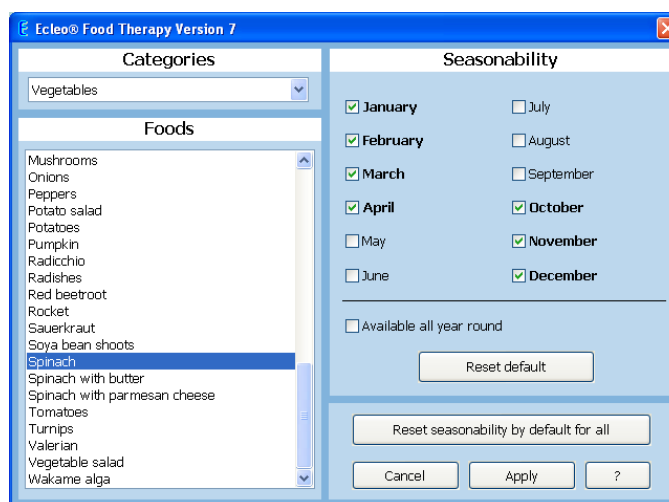
Picture (1.33): personalization

From the window of picture (1.33) it is possible to gain access to two important options regarding the personalization of the diet:

- *Seasonability*
- *Foods on request*

The program will automatically choose the foods belonging to the fruit and vegetable categories according to their seasonal availability: the *Food preference* processing (see *Processes* paragraph) however, also allows the inclusion in the diet of those foods that at the moment of processing are out of season.

The basic setting of the program corresponds to the availability of fruit and vegetables in the Italian regions; by means of the *Seasonability* option, this setting can be modified at the user's discretion.



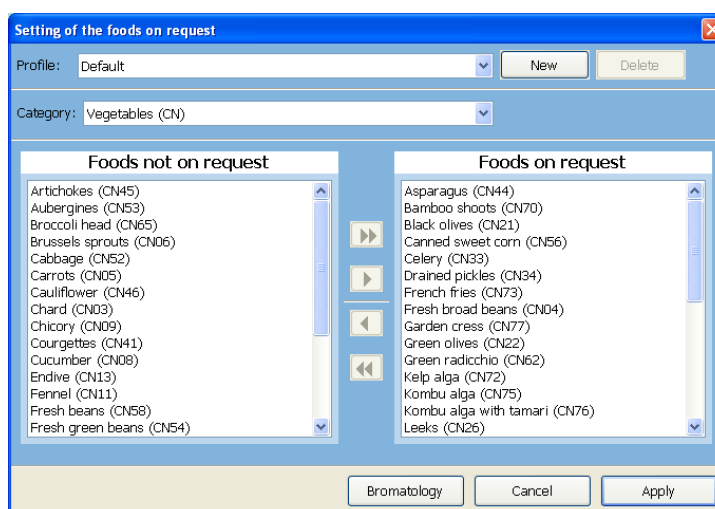
Picture (1.34): seasonability

After opening the window of picture (1.34), select, in the upper part, the category on which you wish to intervene. In the list below click once on the name of the food item and in the right hand part of the window indicate the period of the year in which you wish it to be available; you can also select the title *Available all year round*, in order that the food indicated will always be usable in the processing. By activating this option all the months will be selected.

The described procedure can be repeated for any food item and the *default* setting can be restored by selecting the **Restore default**, for the food item selected, or by means of the **Restore seasonability default for all**, for all the food items in the archive.

To confirm the modifications carried out, select the **Apply** button; the **Cancel** button closes the window without memorizing any possible modifications.

The *foods on request* option (picture (1.35)) allows the user to personalize the food archive defining the food items that will have to be available for the processing and the ones that won't.



Picture (1.35): foods on request

The *Foods on request* belong to the archive but are not assigned in the food plan if they are not selected among the *Food preferences* (see paragraph: *Processes*).

The basic setting of the software considers the food items “on request” which are not normally included in the Mediterranean diet; it is possible to modify this setting by increasing or reducing the list of food items available and therefore personalizing the archive according to the needs and the environment in which the user works.

The user can outline some profiles with particular characteristics (vegetarian, vegan, typical of a region...), memorize them and use them for processing future diets.

On selecting the heading **New** (picture (1.35)), a window will open in which, after having entered the name of the profile and confirmed it with the **OK** button, you will re-enter the main screen. Select each time categories to be modified and move the foods from the *Foods not on request* column to the *Foods on request* column and vice versa, using the appropriate arrows situated at the centre of the page ◀ ▶. To transfer all the food items of the chosen categories, use the double arrows ◀◀ ▶▶.

After having carried out the necessary modifications, confirm them with the **Apply** button, so that the profile realized in this way will be accessible at any moment.

The selected profile will remain confirmed also for future processes unless you choose to restore the **Original setting**, which cannot be modified, or choose to select a new profile.

To eliminate a previously archived profile, select the corresponding name from the *Profile* menu and choose the **Delete** button.

From the window of picture (1.35) you can gain access, thanks to the **Bromatology** tab, to the bromatological data bank (see Chapter 11, paragraph *Bromatology data bank*) of the food items in the archive.

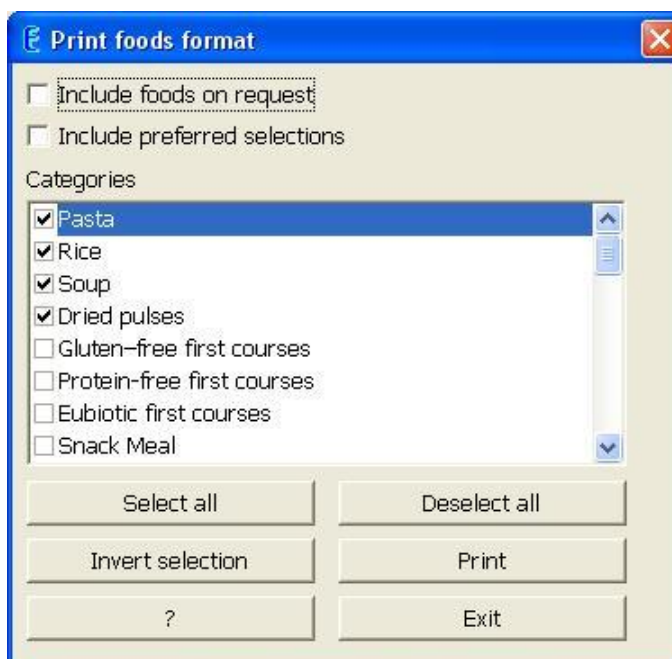
Using the **Apply** button confirm any possible modifications made regarding the availability of the food items or close the page without memorizing them, using the **Cancel** button.

The second heading of the *Settings* menu, *Print foods format*, allows you to print a page to give to the patient on which he/she can indicate the foods he/she doesn't like from the food list in the archive.

By selecting the title *Include foods on request* of picture (1.36) it is possible to print all the food items in the archive including the ones on request while, by means of the *Include preferred selections* option, the printed page to be consigned to the patient will include the possibility of also indicating the food items preferred by the patient. The print also includes a brief introduction explaining the filling out procedure.

The user has the possibility of choosing the food categories that should be included in the list, by clicking in the small box to the left of the relevant item, or he/she can use one of the three rapid choice options: **Select all** which enters all the items included in the archive; **Deselect all** which removes the choices carried out; **Invert selection** which substitutes the chosen categories with the ones that are not chosen or vice versa.

The **Print** button will launch the printing of the page; the **Exit** button will close the window.



Picture (1.36): Print food list

The *Supplements archive* function allows you to create a personalized archive containing the supplements you wish to use in the therapy; you proceed by entering the complete bromatological composition of the products, so that the supplement assigned will be able to be considered in the calculation of the diet and the relevant *Focus*.

In picture (1.37) we can see how the supplements inserted in the archive are listed in a table in alphabetical order; on selecting one of these supplements the *General data* regarding the product will be posted at the bottom of the window, as well as the following information:

Code: this is automatically assigned by the software at the moment in which the product is inserted in the archive;

Description: this corresponds to the trade name of the product;

Single unit of measurement: this is the singular unit of measurement with which the product is assigned in the diet (example: pill);

Plural unit of measurement: this is the plural of the unit of measurement with which the product is assigned in the diet (example: pills);

Expressible in half units: selecting this item indicates that the product can be assigned also in half units (example: half pill);

Position of the unit of measurement: in this way, the user can decide whether the unit of measurement in the diet printout should appear before (pill 1.5), in the middle (1 pill and 0.5) or after the quantity (1.5 pills).

Code	Description
IN04	ECAMANNAN
IN09	EMORTROFINE
IN08	MAXIVEN
IN01	NeoMYRT
IN13	SOTTILASE Block
IN14	SOTTILASE Eraser
IN03	SOTTILASE Fast

Code: IN04

Description: ECAMANNAN

Single unit of measurement: pill

Plural unit of measurement: pills

☐ Expressible in half units:

Position of the unit of measurement

☐ First (xxxxx 1 and 1/2)

☒ In the middle (1 xxxxx and 1/2)

☐ After (1 and 1/2 xxxxx)

General data | Bromatology

Picture (1.37): supplements archive

On clicking on the *Bromatology* tab, at the bottom of the window, the bromatology composition entered will appear; in order to view all the bromatology fields present, scroll the appropriate cursor on the right of the table (picture (1.38)).

The values must be referred to a single dose of the product

Macronutrients			
Proteins (g)	0,00298	Carbs (g)	0
Lipids (gr)	0,00098	Animal protein (gr)	0
Vegetal protein (gr)	0,00298	Fiber (gr)	0,452
Water (gr)	0,0395	Cholesterol (mg)	-
Alcohol (gr)	-		
Mineral salts			
Calcium (mg)	-	Chromium (µg)	-
Iron (mg)	-	Fluoride (µg)	-

General data | Bromatology

Picture (1.38): supplement bromatology composition

To add a new product to the archive, click on the **Add** button, fill in all the fields regarding the *General data*, enter the complete bromatology composition in *Bromatology* and click on the **Save** button to confirm or on the **Cancel** button to remove the data.

To modify the data regarding a supplement included in the archive, select it from the list of products, view the relevant chart (*General data* or *Bromatology*), carry out the modification and click on the **Save** button to confirm or on the **Cancel** button to remove the modification.

To eliminate a supplement from the archive, select it and click on the **Delete** button; the software will ask you to confirm the operation.

The **Exit** button will close the window

If a diet has been processed in the current examination, the *Print* function will appear, next to the two menus described above, in the main window of the *Diet plan* (picture (1.1)). This function will allow you to gain direct access to this section without having to open the window of the *Food plan*.,

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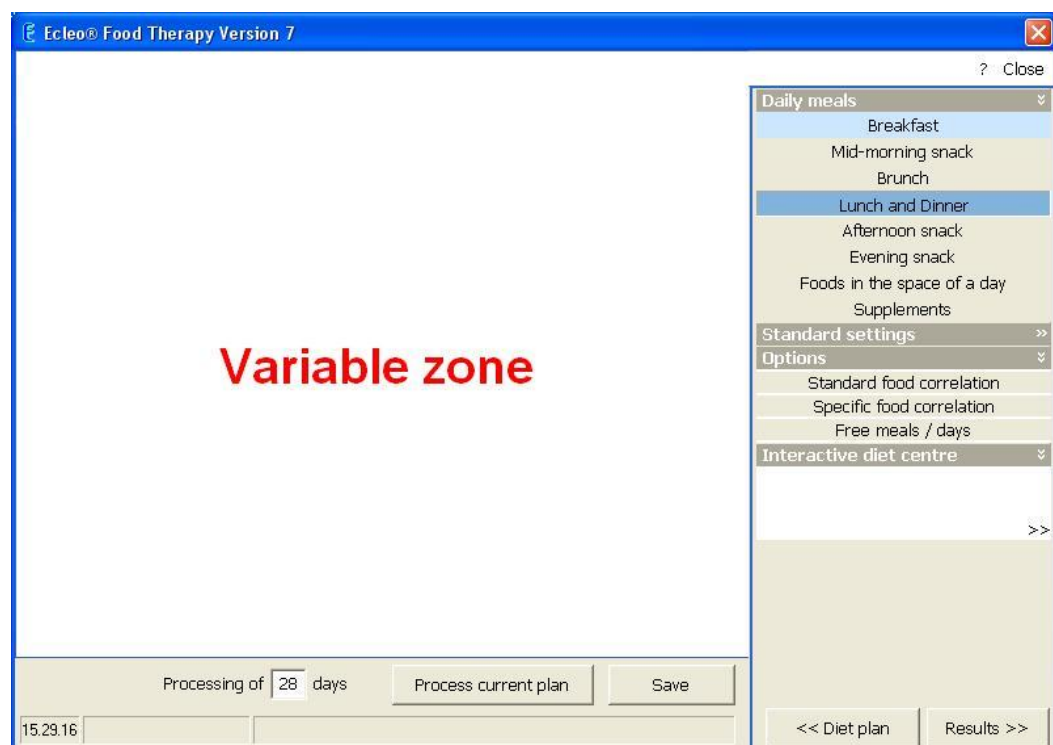
CHAPTER 2

F O O D P L A N

Food Plan

From the *Diet plan* window the user can gain access, by selecting the appropriate button, to the *Food plan* where he/she can define the number and the structure of the meals and other characteristics of the diet.

The operative window of the *Food plan* (picture (2.1)) is composed of some fixed parts (the right hand section and the one at the bottom) and of a variable part (the white zone in the centre) according to the meal visualized and to the structure that is outlined for the main meals.



Picture (2.1): food plan

The program allows the food items of the following meals to be entered:

- Breakfast
- Mid-morning snack
- Brunch
- Lunch and Dinner
- Afternoon snack
- Evening snack

Moreover, it is possible to assign some Foods in the space of the day and if necessary some Supplements.

As well as the *Daily meals* section, in the area on the right of picture (2.1) there are the following operational areas:

- *Standard settings*
- *Operational options*

The latter sections will be described in the appropriate paragraph of this chapter.

Daily meals

To gain access to each one of the functions in the *Daily meals* section, click on the relevant item in the zone on the right of the window of picture (2.1) (details in picture (2.2)).



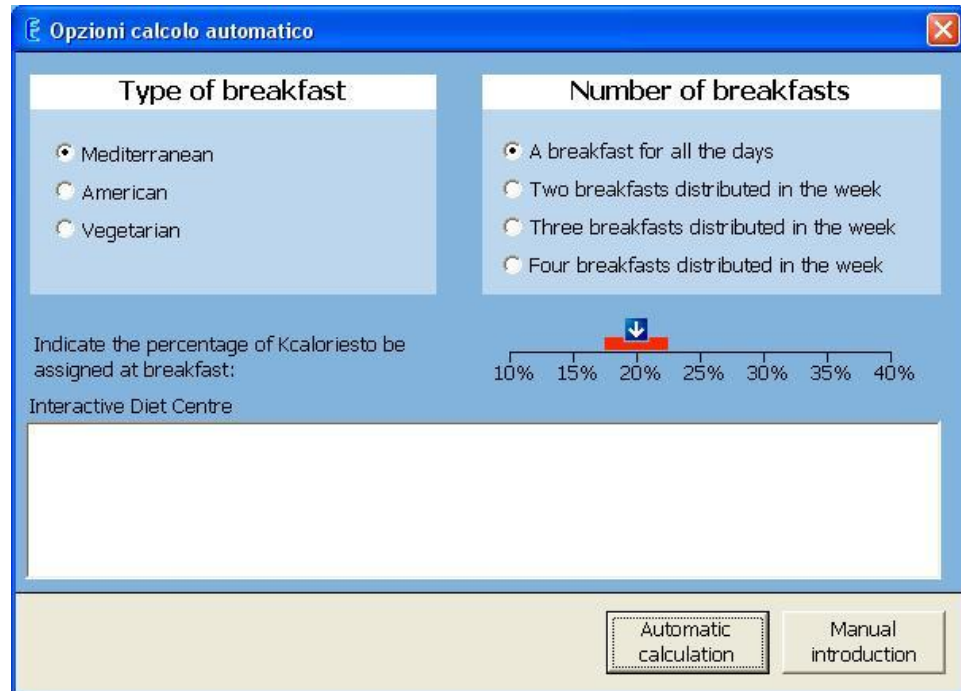
Picture (2.2): daily meals

The items regarding the meals already assigned will be presented with a light blue background (the *Breakfast* in detail of picture (2.2)), while the item regarding the meal in the central zone of the window of picture (2.1) will appear blue (the *Afternoon snack* in the detail of picture (2.2)).

The symbol in the top right hand corner of picture (2.2) is for opening or closing the *Daily meals* section; by selecting this button when it is in a vertical position (☑), as in the example shown in the picture, the items regarding the individual meals will be hidden, while when it is in a horizontal position (☞) the items will be displayed.

Breakfast

At the moment you gain access to the *Food plan* (picture (2.1)), the window regarding the automatic calculation of the *Breakfast* will open (picture (2.3)).



Picture (2.3): automatic calculation of breakfast option

The breakfast can in fact be inserted manually as well as being calculated automatically by the software. In the latter case, the user will have to choose the *Type of breakfast* by selecting one of the three options proposed:

- *Mediterranean*: this proposes breakfasts with foods and drinks typical of breakfasts in Mediterranean countries (milk, yoghurt, biscuits, rusks, etc.);
- *Continental*: this reflects the food habits of Anglo-American countries, both for the food choices (eggs, bread, fruit juice, milk, yoghurt, etc.), as well as for the percentage that this meal occupies in the day, compared to the other types;
- *Vegetarian*: this proposes breakfasts composed of food items typical of the vegetarian style (rice milk, soya milk....).

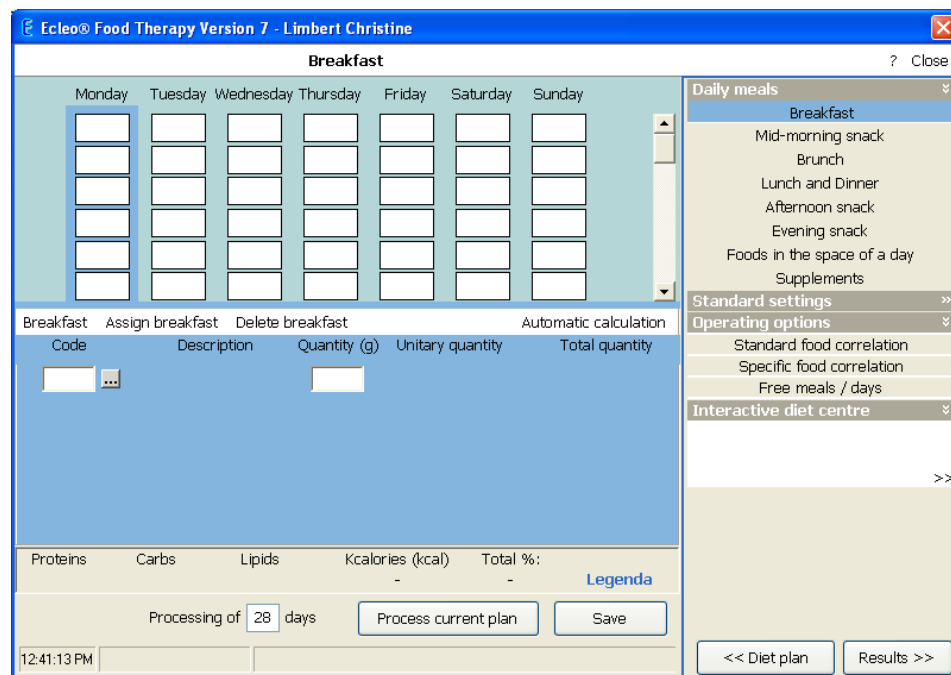
The automatic calculation also allows you to decide the *Number of breakfasts* to assign:

- *One breakfast for all the days*: the breakfast assigned will be the same for every day of the week
- *Two breakfasts distributed in the week*: the two breakfasts calculated will be alternated during the course of the week.
- *Three breakfasts distributed in the week*: three different types of breakfasts will be regularly distributed during the course of the week;
- *Four breakfasts distributed in the week*: four different types of breakfasts will be regularly distributed during the course of the week;

The user may also decide the percentage of kilocalories concerning this meal; by *default* 20% of the total daily energy supplies are assigned to the *Breakfast*, to modify this percentage just drag the appropriate small arrow with the mouse to the level desired.

At this point, click on the **Automatic calculation** button, the breakfast will be assigned by the software, but it will be possible however to carry out the modifications manually.

In the case where the user decides to utilize the **Manual introduction**, select the appropriate button (picture (2.3)) which will open the window of the picture (2.4).



Picture (2.4): breakfast

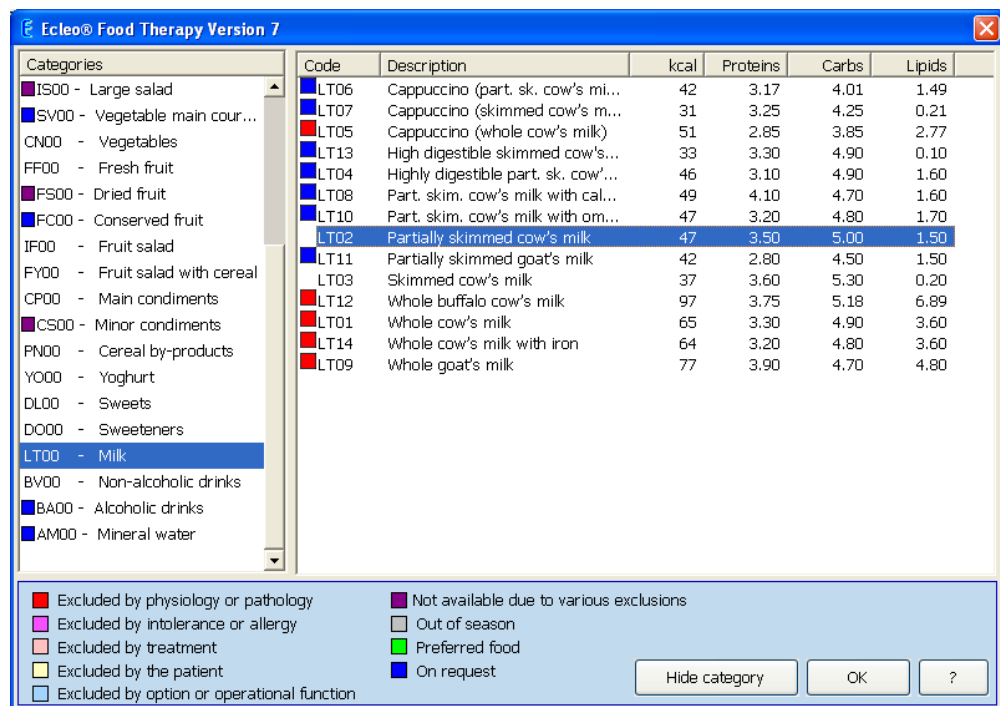
The *Breakfast* menu offers a series of functions:

- *Add food*
- *Open breakfast from the archive*
- *Save breakfast in the archive*
- *Delete breakfast from the archive*

The *Add food* function opens the archive of the food items divided in categories to which you can also gain access by selecting the  button; to enter a food item, choose one of the categories listed in the column on the left in picture (2.5) and double click on the item of interest among the food items of the same category that will appear on the right hand side.

The food items can be put into order according to *Codes*, *Description*, *kcal*, *Proteins*, *Carbohydrates* and *Lipids*, by clicking once on the item of the respective column; the small coloured squares on the left of the identification codes of some

food items inform the user if the food is excluded or preferred and the key at the bottom of the window will explain the reasons why.



Picture (2.5): breakfast food insertion

The **Hide categories** button displays the entire archive of the food items not divided in categories and in alphabetical order.

Once all the foods that make up the breakfast have been selected, click on the **OK** button to confirm.

The food items selected will appear in picture (2.4) with the respective codes but without the quantity, which will have to be inserted in the appropriate box and confirmed with the *Enter* key of the keyboard; gradually, as the quantities of the various foods are entered, the software will automatically enter below the calculation of the breakfast energy supplies and the percentage of this meal in respect to the total of the whole day.

There is the possibility of managing an archive containing a series of previously saved breakfasts, of being able to reopen them if required and if necessary modify them; with this aim, the user can utilize the following functions:

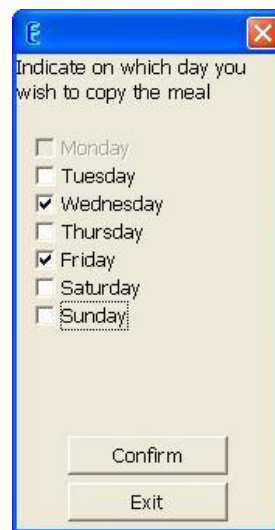
- *Open breakfast from the archive:* this allows you to open the archive of the previously saved breakfasts and to select one to use in the current diet.
- *Save breakfast in the archive:* this allows you to save the breakfast outlined in the breakfast archive so that it can be utilized for future processes.
- *Delete breakfast from archive:* it is possible to eliminate from the breakfast archive, one or more charts that you no longer wish to use.

Once the breakfast for one day has been defined (by *default* the program will position itself on Monday), it is possible to proceed in the same way for all the

other days of the week or, activate one of the following functions of the *Assign breakfast* menu:

- *Every day*
- *on certain days*

In the first case the breakfast will be copied on every day of the week, while on choosing the second option, you will see the window of picture (2.6) where it will be possible to decide on which other days you wish to copy the meal; click on the **Confirm** button to launch the choice made or on the **Exit** button to close the window cancelling any possible selection carried out.



Picture (2.6): *assign breakfast*

If you decide to modify the assigned breakfast, eliminating a food item, click on the appropriate  button on the left of the code; if you wish to eliminate the whole breakfast select one of the options of the *Delete breakfast* menu:

- *of the whole week*
- *of this day*

The *Automatic calculation* function will allow you to go back to the window of picture (2.3) and to proceed to the automatic assigning of the breakfast as previously described.

Mid-morning snack, afternoon snack, evening snack

In some cases where, due to pathologies or particular needs of the patient, the user retains a split diet is more appropriate, as well as *Breakfast*, *Lunch* and *Dinner* it is possible to assign other meals:

- *Mid-morning snack*
- *Afternoon snack*
- *Evening snack*

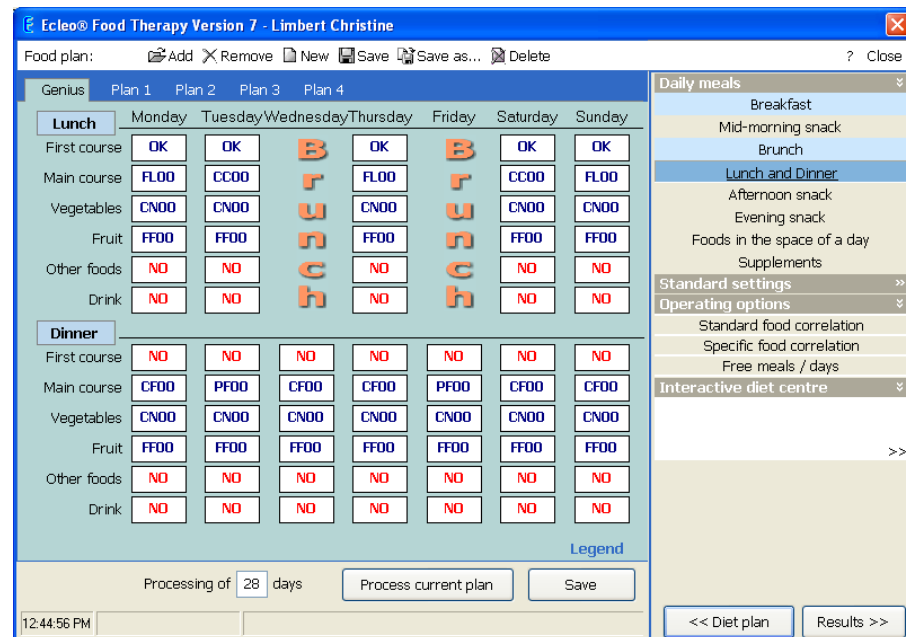
The introduction of the food items in these minor meals, on an operational level, follows the same procedure specifically described in the **Manual introduction** of the *Breakfast*.

The *Automatic calculation*, in this case, is not provided for.

Brunch

This is a meal which mainly belongs to the food habits of the Anglo-American populations, but which recently is becoming quite popular also in Mediterranean countries.

It is consumed at mid-morning and substitutes breakfast and lunch; if some food items are selected to be assigned for this meal, the program will automatically eliminate the breakfast and the lunch in the case where they are inserted in the same day, as shown in picture (2.7)).



Picture (2.7): brunch

Regarding the procedure for assigning this meal, refer to the description in the paragraph dedicated to the **Manual introduction** of the food items of the *Breakfast*.

Lunch and Dinner

Select the item *Lunch and Dinner* from the options of the *Daily meals* of picture (2.2), the relevant structure will appear in the central zone of the window of picture (2.1).

By default the program will propose 4 different plans (*Plan 1*, *Plan 2*, *Plan 3*, *Plan 4*) and if the *Propose the most suitable food plan (Genius)* has also been selected in the *Personalization* function, this also may be viewed among the various options; to visualize the structure of a plan click on the name of the plan that you wish to view (detail in picture (2.8)).



Picture (2.8): plan

The plans proposed differ regarding the structure of the lunch:

Plan 1: this is a plan where at lunch as well as the first course, vegetables and fruit, there is always a main course which can be based on fresh meat, eggs, cheese or conserved meat;

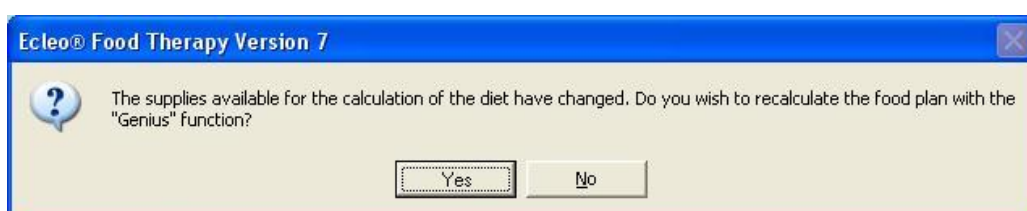
Plan 2: in this plan there are legumes twice for the first course, followed by vegetables and fruit; on the other days the main course will be based on cheese, eggs or conserved meat;

Plan 3: in this plan the main course at lunch, when it is assigned, is based on cheese and dairy products;

Plan 4: in this plan at lunch there is never a main course provided for;

Genius is an automatic function of the program, which each time calculates the most suitable food plan for the patient according to the information entered, (energy supplies, physiologies, pathologies, etc.). The plan calculated by the software takes into account the energy supplies determined in the *Diet plan* of the supplies of the breakfast and any possible minor meals; in the case where modifications are carried out after the food plan has been defined, the *Genius* plan will be calculated once again.

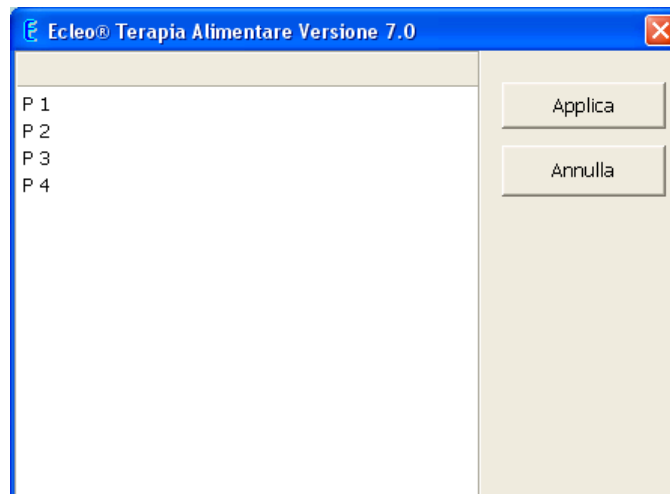
If within the *Personalization* function the *Confirm before calculating the Genius plan* item has been selected, before calculating the most suitable plan again, a message of confirmation will appear (picture (2.9)).



Picture (2.9): recalculation of Genius

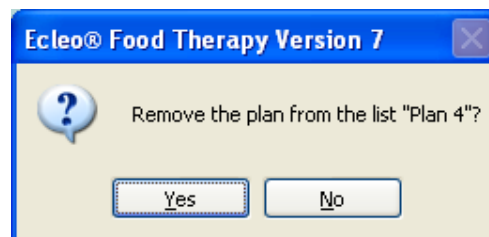
It is possible to modify the *plans* proposed and set out an archive of personalized plans, by utilizing the following options shown in the menu at the top of the window of the Food plan:

- ✎ **Add:** this allows you to open a particular archive, in which one or more personalized food plans have been previously saved that can be selected and added to those proposed by default (picture (2.10));



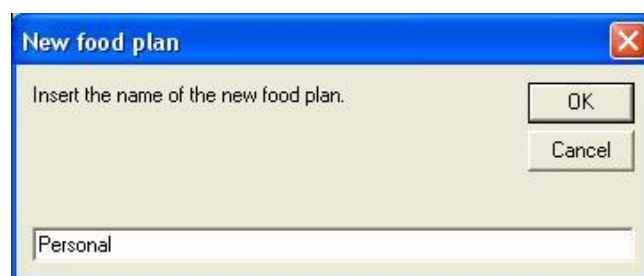
Picture (2.10): food plan archive

- ✕ **Remove:** this allows you to remove the selected plan (picture (2.11)) from the ones displayed;



Picture (2.11): remove food plan

- 📄 **New:** this displays a new food plan, defined by a determined name (picture (2.12)), which can be totally personalized by the user;



Picture (2.12): new food plan

-  **Save:** this allows you to memorize any possible modifications made to a certain food plan already existing, confirming the same name;
-  **Save as.....:** this allows you to save with a new name and archive a food plan with particular characteristics;
-  **Delete:** opens the archive of the food plans, in which after having selected one, it is possible to eliminate it by selecting the **Delete** button (picture (2.13)).



Picture (2.13): eliminate food plan

The food plan, which is chosen for processing the diet, can be modified at the nutritionist's discretion and according to the patient's needs.

The food plan is made up of an upper half, dedicated to the *Lunch* and a lower half dedicated to the *Dinner*. On selecting the box regarding one of the two meals, the detail with the explanation of the codes corresponding to the food items entered (picture (2.14)) will be displayed, while the other meal will be hidden; by clicking again on the chosen heading; the menu of picture (2.15) will appear, in which it will be possible to choose to view details of the other meal or to go back to the initial page (*Hide foods*).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch							
First course	OK	PA00	OK	PA00	RI00	PA00	OK
Main course	NO	NO	NO	NO	NO	NO	NO
Vegetables	CN00	CN00	CN00	CN00	CN00	CN00	CN00
Fruit	FF00	FF00	FF00	FF00	FF00	FF00	FF00
Other foods	NO	NO	NO	NO	NO	NO	NO
Drink	NO	NO	NO	NO	NO	NO	NO

First course	OK	Any type of first course	→
Main course	NO	No food	→
Vegetables	CN00	Vegetables	→
Fruit	FF00	Fresh fruit	→
Other foods	NO	No food	→
Drink	NO	No food	→

Picture (2.14): detail of food plan structure

Lunch ▾

Lunch

Dinner

Hide food

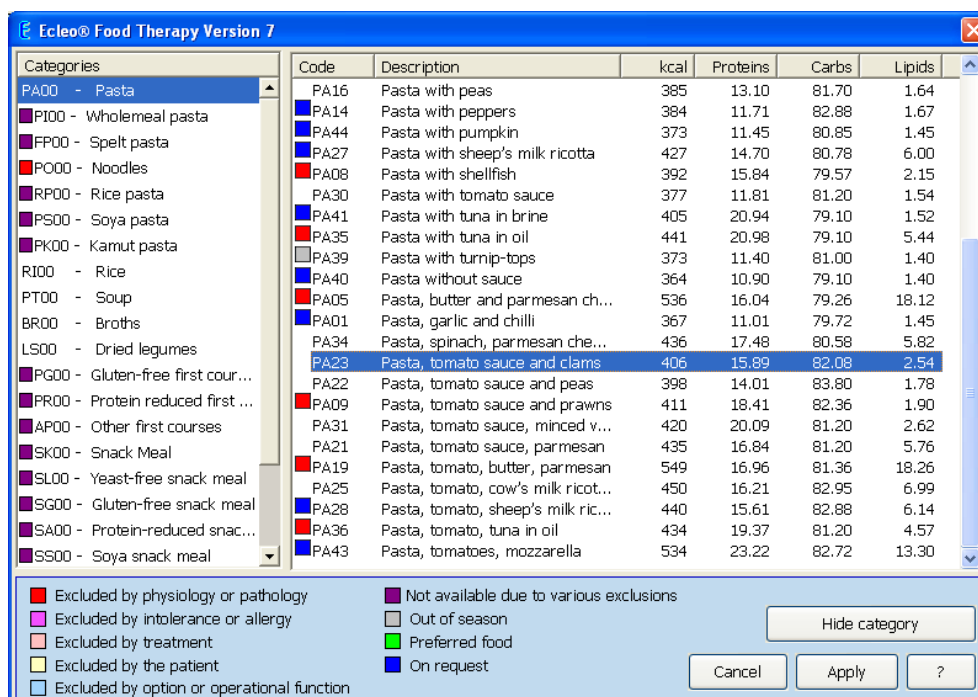
Picture (2.15): menu detail

In the boxes which appear on the *Food plan* it is possible to enter:

- code: this is composed of two letters and two numbers and indicates a category if the two numbers are both zero (ex.: PA00 corresponds to the *Pasta* category) or, if at least one of the two numbers is different from zero identifies a single food item (ex.: PA21 is equivalent to *Pasta, tomato and parmesan cheese*);
- Yes: means that, according to the position, a food will be assigned from the categories available and belonging to the relevant food course (first course, main course, vegetable, fruit, other food items or drink);
- NO: no food item will be assigned in that course (first course, main course, vegetable, fruit, other food items or drink).

To enter a food item or a category in the relevant box you can directly type the code, if known, or just double-click inside the box and gain access to the window of picture (2.16) where, according to the food course, the food categories available will appear on the left.

The same window can be opened also by clicking on the symbol , which will appear next to each course, as seen in the detail of picture (2.14).



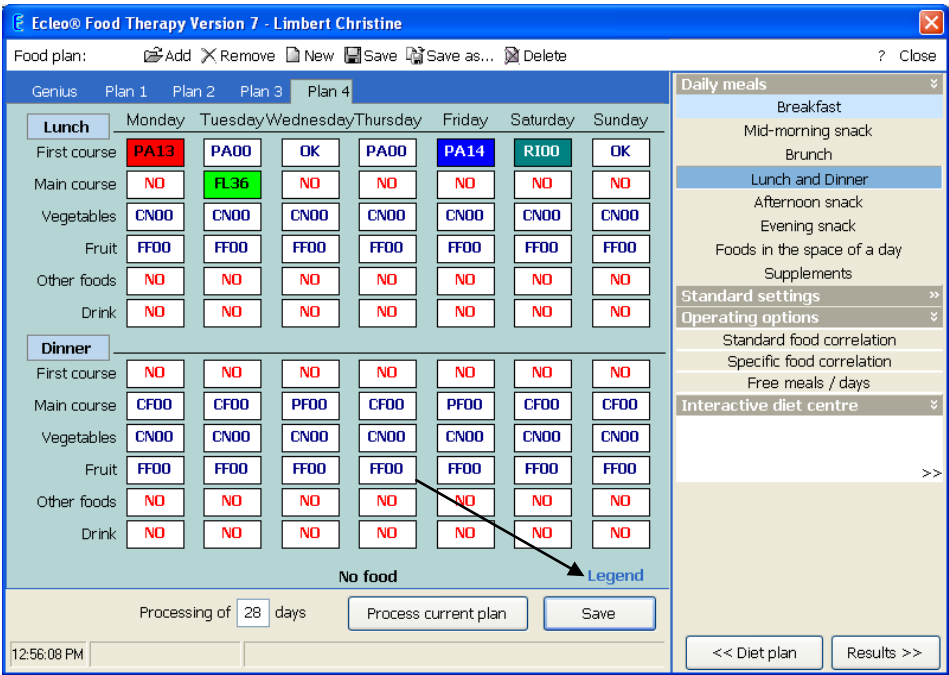
Picture (2.16): food archive

By clicking twice on the chosen category or on one of the food items listed on the right side of the window of picture (2.16), the relevant code will be displayed in the *Food plan*.

In the first case the software will assign a food item, choosing it from those available in that category; in the other case, the food item assigned in the diet will be exactly the one selected.

Inside the window of picture (2.16) it is possible to arrange the foods belonging to a category according to the *Code*, *Description*, *Kcal.* and to the content of *Proteins*, *Carbohydrates* or *Lipids* per 100 g.; in order to obtain this classification click once on the item of the relevant column.

The categories or foods excluded or preferred for one of the reasons indicated in the key at the bottom left hand side of the window of picture (2.16), will be marked by a small coloured square but will be able to be entered nevertheless. In this case, in the *Food plan* the box corresponding to the code of the excluded or preferred food item will appear with a different background to its usual white one; a special key item at the bottom right of the window (indicated by an arrow in picture (2.17)), will allow you, if selected, to have a better understanding of the motivation (picture (2.18)).

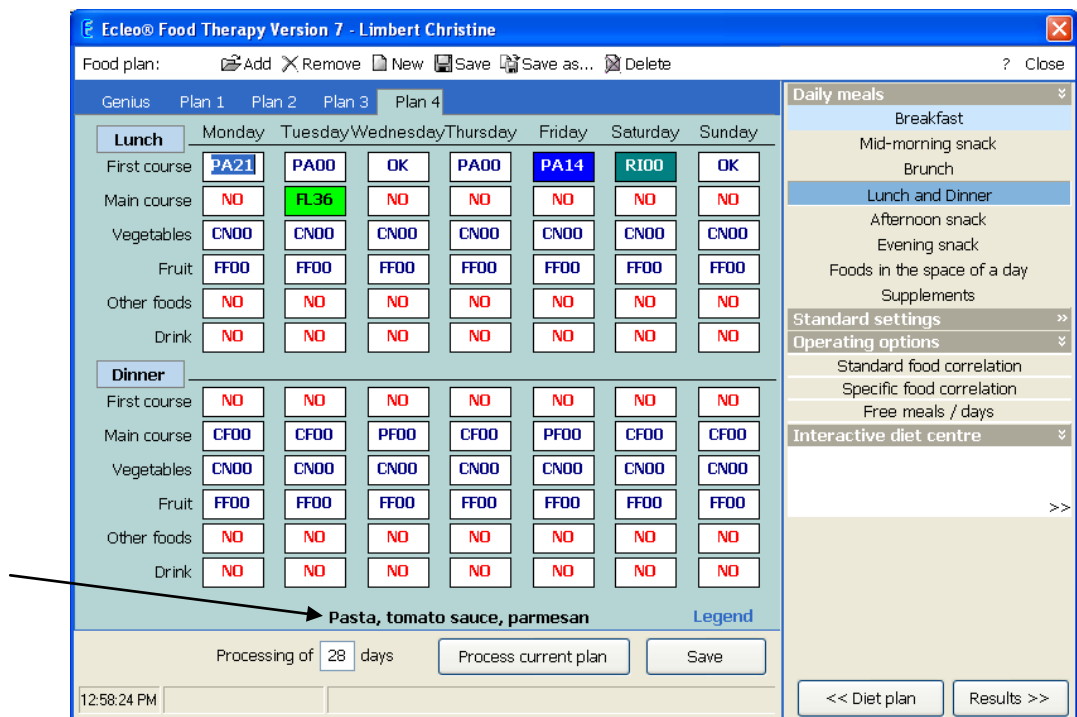


Picture (2.17): location of key function

■	Excluded by special physiology or pathology
■	Escluso da intolleranza o allergia
■	Excluded by treatment
■	Excluded by the patient
■	Excluded by option or operational function
■	Out of season
■	Alimento su richiesta
■	Preferred food
■	Inverti selezione

Picture (2.18): food plan key

Positioning yourself with the mouse on any one of these codes displayed in the *Food plan*, will allow you to read its meaning, in the zone indicated by the arrow in picture (2.19).



Picture (2.19): meaning of code

Another option available for personalizing the patient's *Food plan* is the Invert selection function which allows you, by positioning yourself on a box and clicking with the right hand button of the mouse on the relevant item, to invert its insertion: if there is a *YES*, then in the diet processing it will correspond to *NO* and vice versa, while if a code of a category or of a food item is indicated then the software will interpret the inversion in the sense of assigning any other food item or category available except for the one selected and the box will assume a green coloured background (see Key of picture (2.18)).

Other options available by clicking with the right hand button of the mouse are:

- Copy: for memorizing the contents of the box in which you are positioned;
- Paste: for copying the contents of a box, previously selected, on to the one in which you are positioned;
- Paste line: for copying the contents of a box on to all those belonging to the same food course or macro-category (first course, main course, vegetable, fruit, other foods, drink).

Foods in the space of the day

This function allows you to assign foods and/or drinks that the patient should consume in the space of the day, while being able to decide each day the moment in which to do so.

The foods assigned will be printed, in the patient's diet-day, in a special section (from the item *In the space of the day*) in which, by *default*, will be indicated also the daily quantities of bread and condiment (there is, however, the possibility of dividing these quantities between lunch and dinner and if necessary of processing the diet without bread- see paragraph *Standard settings*).

The entering of the food items in the space of the day follows the same procedure described with regard to the **Manual introduction** of the *Breakfast* to which you should refer for the relevant instructions.

Supplements

The possibility for the user of creating and updating a personalized archive of supplements, containing the products he/she wishes to use in the therapy, has already been described in Chapter 1 of this manual (paragraph settings).

The *Supplements* function, contained in the *Daily meals* section, allows you to assign one or more of these products in the patient's diet-day while choosing whether or not to include them in the calculation.

To assign a supplement proceed as in the case of the **Manual introduction** of the food items of the *Breakfast*; once the product has been entered, on the left of the box containing the code you will see the  symbol indicating that the product will be considered in the calculation of the diet; if you wish to exclude it from the calculation, click on the same symbol on which will appear a red cross .

If the supplement is included in the calculation of the diet, the relevant supplies in terms of macronutrients (*Proteins, Carbohydrates and Lipids*) will be subtracted from those available influencing the choice and the quantity of the food items assigned in the diet; in the case in which the supplement is assigned outside of the calculation, on the other hand, its supplies, both in terms of macronutrients as well as micronutrients, will go to join those of the diet.

In the case in which the supplement assigned has been included in the calculation, you will be able to assess the incidence of the product concerning the contribution of the diet regarding the various nutrients, in the final *Focus*, that can be seen in the *Results* section (Chapter 4).

Bromatology data bank

On selecting any one of the boxes of the *Food plan* and pressing the F2 button on the keyboard, you will gain access to the window of the *Bromatology data bank* (picture (2.20)) from which it is possible to have detailed information regarding the composition of a food or see a classification of the foods according to the average content of a determined nutrient.

In order to view the composition of a food, choose the *Category* using the selecting arrow inside the relevant box (in the example Fresh meat); carry out the same procedure for selecting the food item in the *Description* box (in the example Lean pork).

The table that will appear is only for consultation and therefore cannot be modified.

The screenshot shows a software window titled "Bromatology data bank". It has three dropdown menus at the top: "Category" (set to "Pasta"), "Description" (set to "Pasta, tomato sauce, parmesan"), and "Code" (set to "PA21"). Below these is a large table of nutritional data organized into several sections: "Macronutrients", "Mineral salts", "Vitamins", "Amino acids", and "Cholesterol and Fatty acids". Each section contains a list of nutrients and their corresponding values. At the bottom of the window, there is a "Notes" field and three buttons: "Graph", "Top Ten", and "Exit".

Category	Description	Code
Pasta	Pasta, tomato sauce, parmesan	PA21

Macronutrients		Mineral salts		Vitamins	
Kcalories	435kcal	Calcium	207.05mg	Pantothenic acid	0.71625mg
Proteins	16.835g	Chromium	25.905µg	Biotin	1.08µg
Carbs	81.2g	Iron	2.044mg	Folate	32.35µg
Lipids	5.755g	Fluoride	76.5975µg	Niacin	3.3118mg
Animal proteins	5.025g	Phosphorus	315.2mg	α-tocopherol	0.4389mg
Vegetal proteins	11.81g	Iodine	-	Vitamin A	426.95µg RE
Fiber	3.75g	Magnesium	70.75mg	Vitamin B1	0.1507mg
Water	78.92g	Manganese	0.6213mg	Vitamin B2	0.2961mg
Alcohol	0g	Molybdenum	0.702µg	Vitamin B6	0.32815mg
		Potassium	467mg	Vitamin B12	0.18µg
		Copper	0.5817mg	Vitamin C	5.6mg
		Selenium	4.92µg	Vitamin D	0.105µg
		Sodium	206mg	Vitamin E	1.172mg TE
		Zinc	1.925mg	Vitamin K	17.44015µg

Amino acids			
Aspartic acid	964.2mg	Glycine	474.4mg
Glutamic acid	4787.5mg	Isoleucine	665.2mg
Alanine	529.4mg	Histidine	378.7mg
Arginine	535.4mg	Leucine	1291.9mg
Cystine	290.6mg	Lysine	614.6mg
Phenylalanine	803.1mg	Methionine	342.4mg
		Proline	1743.3mg
		Serine	869.4mg
		Threonine	500mg
		Tyrosine	585.1mg
		Tryptophan	159.3mg
		Valine	766.9mg

Cholesterol and Fatty acids			
Cholesterol	13.65mg	Lauric acid	0g
Saturated fatty acids	3.0339g	Myristic acid	0g
Unsaturated fatty acids	2.36g	Palmitic acid	0.2g
Monounsaturated fatty acids	1.5025g	Other saturated fatty acids	0.02g
Polyunsaturated fatty acids	0.8575g	Oleic acid	1.4008g
SFAC/USFAC	1.29	MUSFAC/PUSFAC	1.75
		Other monounsaturated fatty acids	0g
		Linoleic acid	0.7503g
		Linolenic acid	0.1165g
		Eicosapentaenoic acid	0g
		Docosahexaenoic acid	0g
		PFA (n-6)	0.65g
		PFA (n-3)	0.05g

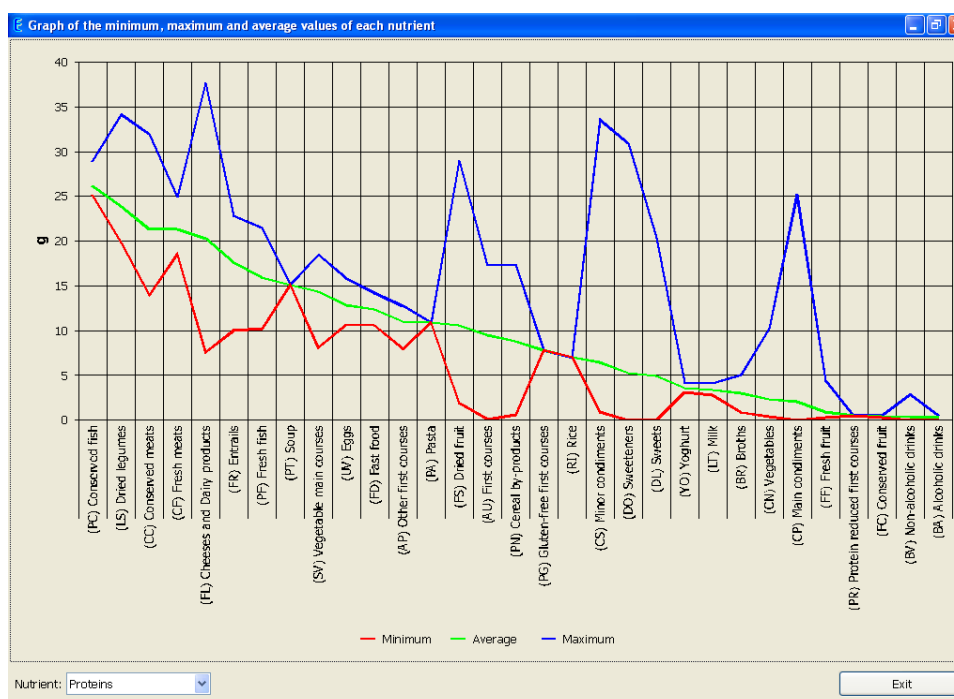
Picture (2.20): bromatology data bank

The **Graph** command situated in the lower part of the window of picture (2.20), can be utilized to assess the content of a nutrient in the various food categories.

In the example of picture (2.21), we have the graphic representation of the maximum contents (blue line), medium contents (green line) and minimum contents (red line), in the various food categories (axis of the abscissas), of the nutrient selected in the box in the bottom left hand corner (in the example the nutrient selected is *Iron*).

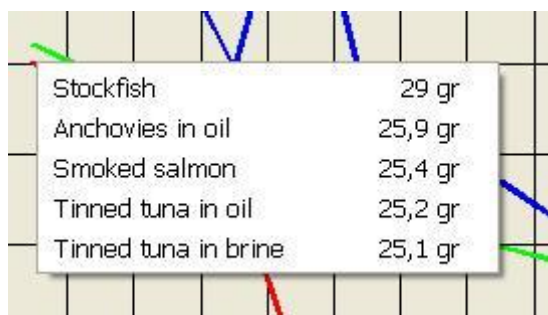
For each food category, the food is identified that has the highest content of the selected nutrient and which individualizes the maximum point and the one which has the lowest content and individualizes the minimum point; the average point derives obviously from an average between these two values.

The individualization of these points for each category allows you to draw the three lines represented in the graph.



Picture (2.21): graph of the nutrients

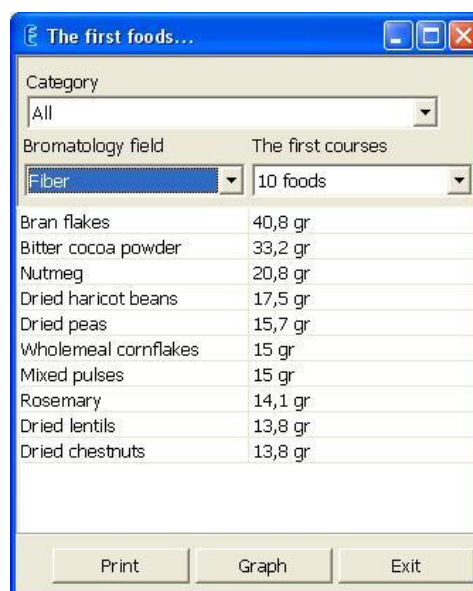
On clicking on any point of the three lines, the list of the foods for each category will appear, arranged according to the content of the selected nutrient (detail in picture (2.22)),



Stockfish	29 gr
Anchovies in oil	25,9 gr
Smoked salmon	25,4 gr
Tinned tuna in oil	25,2 gr
Tinned tuna in brine	25,1 gr

Picture (2.22): nutrient content per category

By selecting the **Top ten** command of picture (2.20), on the other hand, it is possible to obtain, for a given category, the list of the first 10, 15, 20 or 25 food items with the highest content of a nutrient (picture (2.23)).



Category	
All	
Bromatology field	The first courses
Fiber	10 foods
Bran flakes	40,8 gr
Bitter cocoa powder	33,2 gr
Nutmeg	20,8 gr
Dried haricot beans	17,5 gr
Dried peas	15,7 gr
Wholemeal cornflakes	15 gr
Mixed pulses	15 gr
Rosemary	14,1 gr
Dried lentils	13,8 gr
Dried chestnuts	13,8 gr

Print Graph Exit

Picture (2.23): top ten

In order to obtain this list, select the *Category*, the *Bromatology field* and, the number of food items that you wish to view.

The list can also be printed, by selecting the **Print** button and consigned to the patient; with the **Graph** button, on the other hand, it is possible to return to the graphic representation, previously illustrated and relevant to the selected nutrient.

The **Exit** button allows you to exit from each of the windows just described and go back to the previous one.

Standard settings

The *Standard settings* (details in picture (2.24)) regard the choice and the supply of the *Condiment* and the *Bread*.



Picture (2.24): standard settings

With regard to the *Condiment*, the program utilizes, by default *Olive oil*; to modify this setting click on the relevant white box and select the item of your choice from the list that will be displayed:

- *Peanut butter*
- *Goat's milk butter*
- *Cow's milk butter*
- *Low-fat cow's milk butter*
- *Margarine*
- *Low-fat margarine*
- *MCT oil*
- *Peanut oil*
- *Sunflower oil*
- *Linseed oil*
- *Corn oil*
- *Olive oil*
- *Rice oil*
- *Sesame oil*
- *Soya oil*
- *Grape-seed oil*

In the basic setting the condiment is assigned in a single quantity to be consumed in the space of the day (it will also appear in the *Printing* of the diet in the section *in the space of the day*); it is possible, nevertheless, by selecting the item *Divide condiment between lunch and dinner*, to request the division of the daily quantity between the two meals.

The choice of *Bread* is automatically carried out by the software which will assign the type considered the most suitable for the needs of the food plan and also in this case, by default the total daily quantity will be entered in *the space of the day*; if you wish to process a diet utilizing a specific type of bread remove the selection from the *Automatic choice of bread* and choose the type desired from the list that will appear by clicking on the corresponding white box:

- *Gluten-free crackers*
- *Wholemeal crackers*
- *Salted crackers*
- *Unleavened crackers*
- *Gluten-free rusks*
- *Rusks*
- *Wholemeal rusks*
- *Wholemeal puffed rice rusks*
- *Gluten-free wholemeal puffed rice rusks*
- *Bread sticks*
- *Sandwich loaf*
- *Gluten-free bread*
- *Bread with oil*
- *Protein-free bread*
- *White bread*
- *Kamut bread*
- *Soya bread*
- *Wholemeal bread*
- *Wholemeal bread with cereals*
- *Wholemeal rye bread*
- *Unleavened bread*

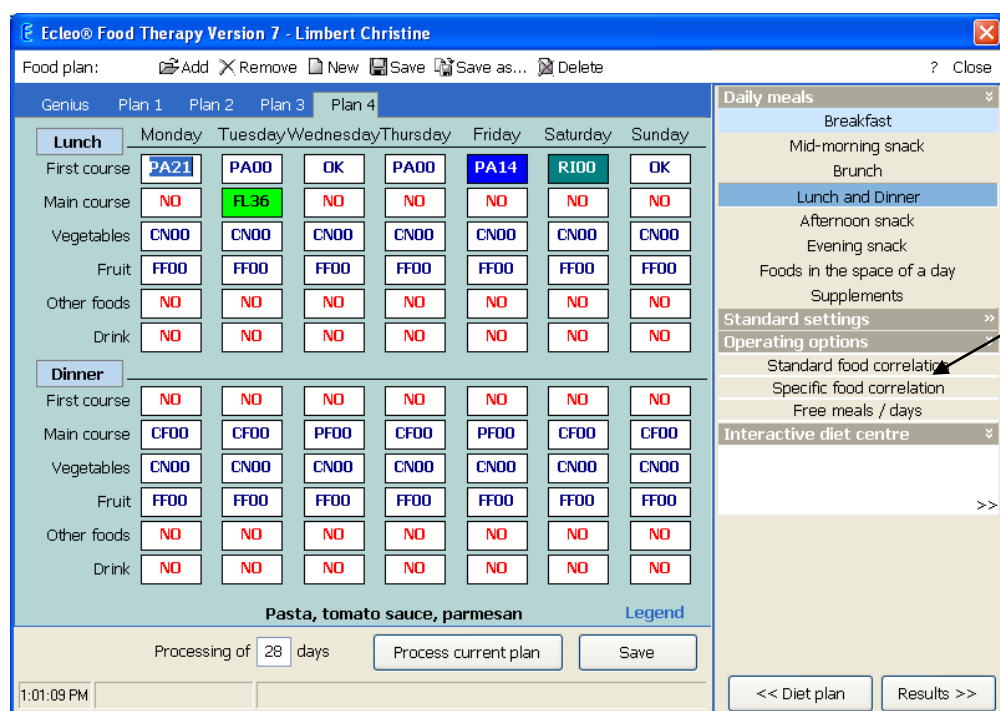
Also for the bread, by selecting the item *Divide bread between lunch and dinner* it is possible to request the division of the daily quantity between the two meals. The *Process diet without bread* option allows you to process a well balanced diet without including any type of bread.

Operational options

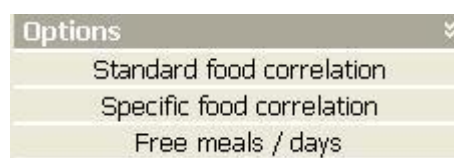
The *Operational options* include the following functions:

- *Standard food correlation*
- *Specific food Correlation*
- *Free days/meals*

To gain access to each of the above listed functions, select the relevant function on the right side of the window of picture (2.25) (detail in picture (2.26)).



Picture (2.25): operational options area



Picture (2.26): Operational options detail

Standard food correlation

The *Standard food correlation* (picture (2.27)) allows you to indicate a series of combinations, that will be valid for all the diets that you go on to process.

The correlation takes place between:

- a food item/main category (Food item no.1)
- a food item/associated category (Food item no.2)

It can be of two types:

- *positive*
- *negative*

It can regard:

- *the same meal*
- *the other meal*

The screenshot shows a window titled "Food correlations" with a menu bar (Save, New, Delete, Activation) and a "Close" button. The main area is titled "Standard food correlation" and contains a table with the following data:

Food No.1	Report	Food No.2	Meal
Pizza Meal	Show it	Coca-Cola	Same

Below the table are input fields for "Food No.1" (Pizza Meal), "Code" (PP00), and "Type of relation" (Positive). For "Food No.2", the fields are "Coca-Cola", "Code" (BV11), and "Meal indicated" (Same meal). An "Apply" button is at the bottom right.

Picture (2.27): standard correlation

To define a correlation, first of all, you need to indicate the food/category No. 1; click on the button on the right of the *Code* box, this will open the window which will give you access to the archive, in which, with a double click it is possible to select a whole category or, from within this, a single food item.

To define the positive or negative *Type of relation*, with the food item No. 2, choose one of the two options that are displayed by selecting the arrow inside the box underneath it.

The *Positive* correlation determines that once the main food item has been assigned, the software will combine food No. 2; the *Negative*, on the other hand, will determine that every time the main food is assigned in the diet, food No. 2 cannot be entered.

In order to select food No.2, follow the same procedure illustrated for the main food item.

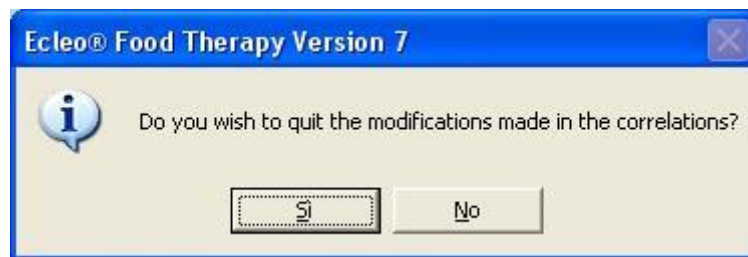
Finally, it is necessary to establish the *Indicated meal*, that is, if the positive or negative correlation should be active in the same meal or in the other meal as regards the one in which the main food item has been assigned; click on the selection arrow and choose one of the two options.

The **Apply** button will confirm the correlation.

For the insertion of a new correlation, select the menu item *New* in the top left hand corner and proceed as already described.

To cancel a correlation, select it and click on the menu item **Delete**.

The outlined correlations and all their modifications must be confirmed by clicking on the menu item *Save*; in the case in which the window is closed without memorizing any possible modifications, the message shown in picture (2.18) will appear.



Picture (2.28): save message

The menu item *Activation* has two commands:

- *Active*
- *Inactive*

Only if the first item has been selected (the selected command will be marked on the left by the sign of a tick ✓), will the set correlations be carried out by the software; if you should wish to suspend them for the processing of one or more diets, select the *Inactive* item.

The *Close* command, in the top right hand corner will close the *Standard correlations* window.

Specific food correlation

The *Specific food correlation* differs from the *Standard food correlation* in the fact that the correlations defined by means of this option concern only the current diet.

In order to combine foods or categories in a positive or negative way, you should proceed, on an operational level, as described in the previous paragraph; in this case the menu items *Save* and *Activation* will be missing.

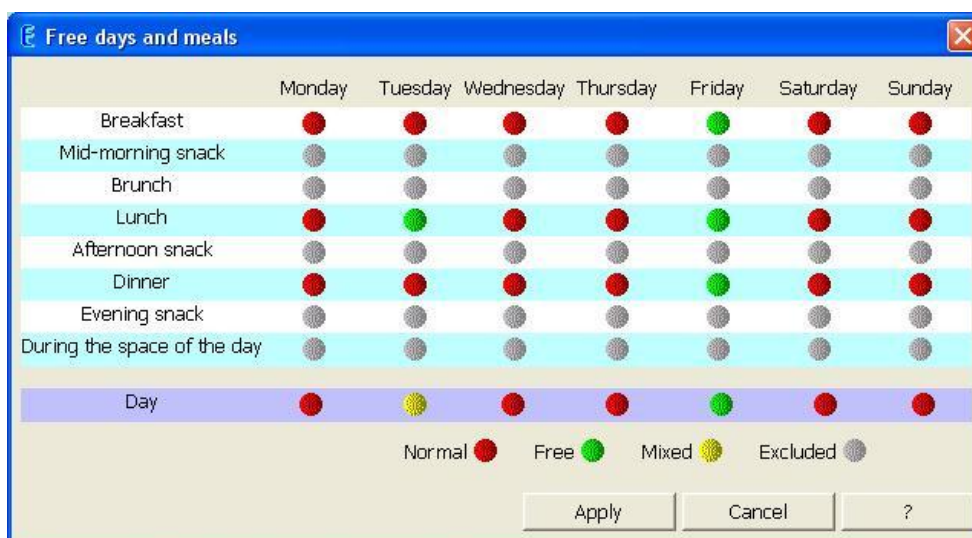
Free days/meals

By means of this function it is possible to assign, within a weekly plan, one or more free meals, in which the patient can start autonomously managing himself by “reconstructing” a meal or a day on the model of the diet.

The patient, in fact, is free to choose the foods from those that are included in the diet regulating himself “at a glance” with regard to the quantities usually assigned.

On opening the window of picture (2.29) a table will be displayed in which a small coloured ball corresponds to each meal:

- *grey*: if the meal hasn't been assigned or if it isn't possible to make it free;
- *red*: means that the meal is normally assigned in the diet;
- *green*: the meal is free.



Picture (2.29): free days/meals

To assign a free meal, click with the mouse on the corresponding ball, which will turn green.

In the window of picture (2.29) there is also a line containing a ball for each day of the week (details in picture (2.30)); it is possible to assign a full free day, by clicking directly on the relevant ball.

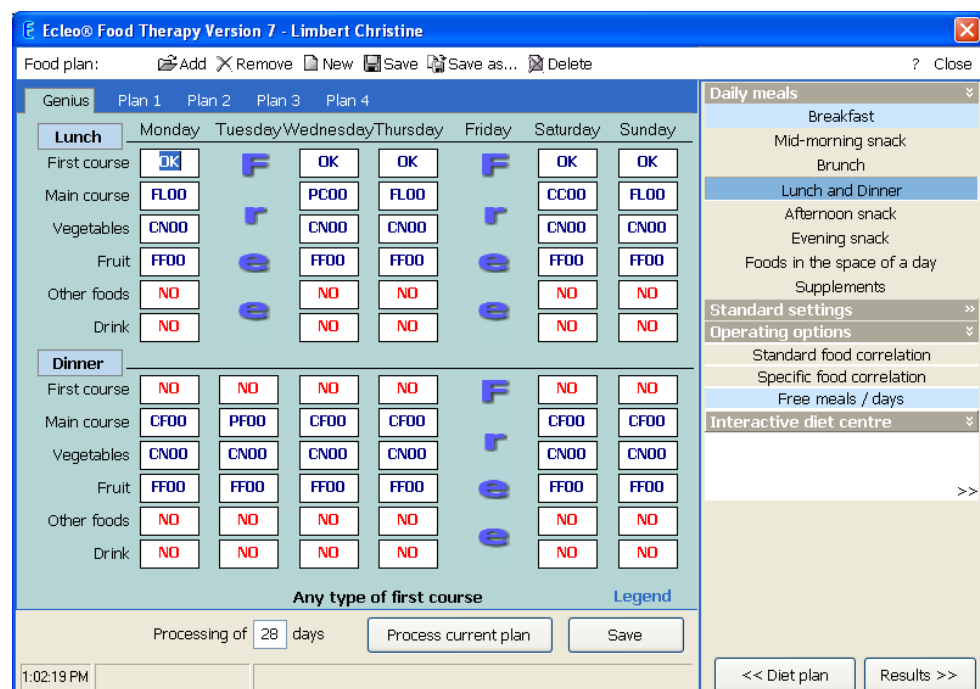
The various days can be distinguished by the following colours:

- *red*: normal diet day;
- *green*: free day;
- *yellow*: mixed day, or at least one of the meals of the day is free.



Picture (2.30): detail of free days

In the case in which free days/meals have been assigned, these will be displayed in the *Food plan* with vertical writing, as illustrated in picture (2.31).



Picture (2.31): free meals displayed in food plan

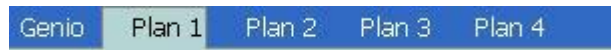
CHAPTER 3

P r o c e s s i n g

Diet processing

After having defined the characteristics of the *Food plan*, it is possible to proceed to the processing of the diet.

The software, as highlighted in the paragraph regarding lunch and dinner, automatically proposes different *Plans* on which possible adaptations can be made (see picture (3.1)), however it is also possible to define some new ones to which access can be gained at any moment.



Picture (3.1): proposed plans

After having selected the *Plan* most suitable for meeting the patient's needs and after having indicated the number of days to process (from a minimum of 1 to a maximum of 40 days), click on the **Process current plan** button.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch							
First course	PA21	PA00	OK	PA00	PA14	R100	OK
Main course	NO	FL36	NO	NO	NO	NO	NO
Vegetables	CN00	CN00	CN00	CN00	CN00	CN00	CN00
Fruit	FF00	FF00	FF00	FF00	FF00	FF00	FF00
Other foods	NO	NO	NO	NO	NO	NO	NO
Drink	NO	NO	NO	NO	NO	NO	NO
Dinner							
First course	NO	NO	NO	NO	NO	NO	NO
Main course	CF00	CF00	PF00	CF00	PF00	CF00	CF00
Vegetables	CN00	CN00	CN00	CN00	CN00	CN00	CN00
Fruit	FF00	FF00	FF00	FF00	FF00	FF00	FF00
Other foods	NO	NO	NO	NO	NO	NO	NO
Drink	NO	NO	NO	NO	NO	NO	NO

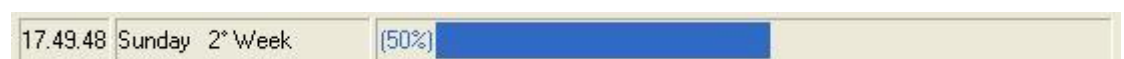
Pasta, tomato sauce, parmesan

Legend

Processing of 28 days Process current plan Save

Picture (3.2): processing

If the processing proceeds regularly, a blue bar, in the lower half of the window, will show the level of progress, alongside of which you will see the indication of the diet-day that the software is calculating and the percentage of the days processed as regards to the total (picture (3.3)).



Picture (3.3): processing progress

At the end of the processing, the first of the diet-days calculated by the software will be displayed, directly leading to the *Results* stage, which shall be illustrated in the next chapter.

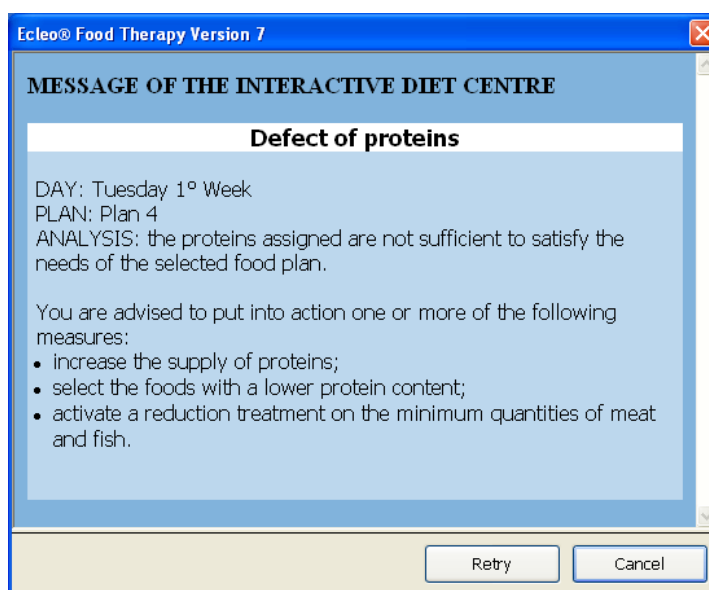
From the *Results* section it is possible to go back to the previous window by clicking on the << **Food plan** button; you can decide to carry out a new processing utilizing a different *Plan*, in this case the name of the *Plan* with which the previous processing has been carried out, will be indicated in yellow (picture (3.4)).



Picture (3.4): processed plans

The **Save** button allows you to memorize the last process carried out.

During the processing of the diet, the sophisticated mechanism of calculating may verify the presence of an inconsistency between the assigned energy supplies and the characteristics of the *Food plan*; in this case, a message will appear from the *Interactive Diet Centre* (picture (3.5)) which will indicate the day of the week, the plan, the assessment of the problem encountered and advice to be followed.



Picture (3.5): message from Interactive Diet Centre during processing

In this case the user can choose to restart the processing (**Retry** button), being that, if the defect encountered by the calculation is not particularly significant, a different combination of food items could be sufficient for resolving it, or the user can decide to interrupt it, in order to carry out suitable modifications (**Cancel** button).

The messages from the *Interactive Diet Centre* can either report a *defect* or an *excess* of *Carbohydrates*, *Proteins* and *Lipids*.

A possible “defect”, means that the initially set quantity at one’s disposal of a determined nutrient is not enough to satisfy the characteristics of the food plan, unless very small quantities of certain food items are assigned (ex.: if the user has

entered the first course for both lunch as well as dinner, without taking this into account in the initial carbohydrate supplies, a message may appear explaining that the quantity of carbohydrates is insufficient, in the specific case, in order to assign the first course in such a quantity as to satisfy the patient's *compliance*); in this case it is necessary to modify the diet's energy supplies, increasing the quantity of the nutrient regarding the "defect", or modify the food plan.

When an "excess" is verified, the software will point out the need to carry out modifications in order to avoid assigning certain food items in quantities that are too high and not in line with the patient's *compliance*.

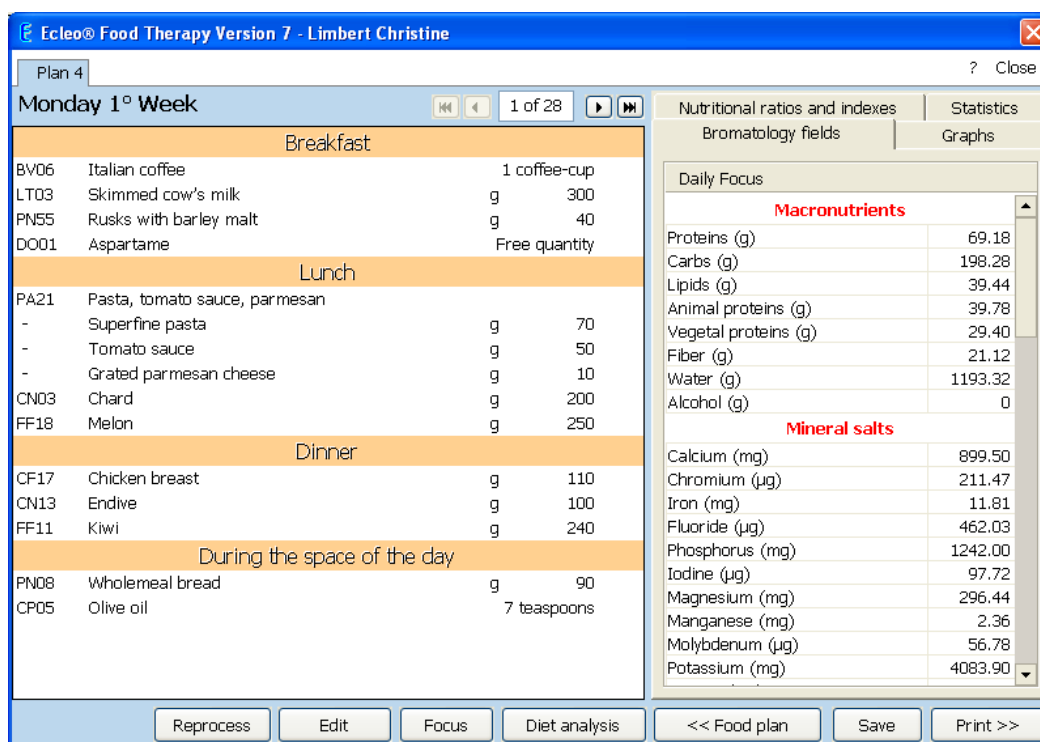
CHAPTER 4

R e s u l t s

Results

The *Results* stage (picture (4.1)) is the one that allows you to view the processed diet and to decide, also according to the indications furnished by the statistical and calculation instruments, whether to proceed to the *Printing* of the diet (**Print >>** button in the bottom right hand corner), to go back to the *Food plan* (<< **Food plan** button) or carry out certain modifications.

The window is subdivided into two sections: in the left part you can view the processed diet-days one after the other, while in the right part, there is the statistical and scientific analysis corresponding to the said day.

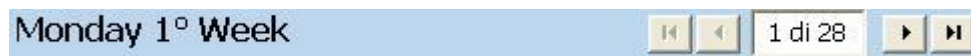


Picture (4.1): diet display

The viewing of the diet starts with the first processed day, however, it is possible to view all the other days, by clicking on the appropriate slide arrows (details in picture (4.2)):

- ▶ to view the following day;
- ◀ to go back to the previous day;
- ⏮ to view the last day;
- ⏭ to view the first day.

In the top part of the window, from time to time, the diet-day displayed will appear also with regards to the total number of processed days.



Picture (4.2): detail of day displayed

Each processed diet-day, is subdivided into different sections according to the number of meals that make up the food plan.

The last section at the bottom, unless supplements have been entered, is the one entitled “In the space of the day” and contains, by *default*, the daily quantities of bread and condiment plus other possible food items and/or drinks added by the user with the appropriate function.

The food items have, on the left, the indication of the relevant code while on the right, the quantity expressed in grams or in conventional units (ex.: teaspoon, coffee cup, number, etc.).

On the right of the section dedicated to the viewing of the diet-day there are four windows at the user’s disposal containing important in depth data:

- *Bromatology fields;*
- *Graphs;*
- *Statistics*
- *Nutritional ratios and indexes.*

The first tab (*Bromatology fields*) shows the supply of the various nutrients concerning the diet-day displayed (details in picture (4.3)).

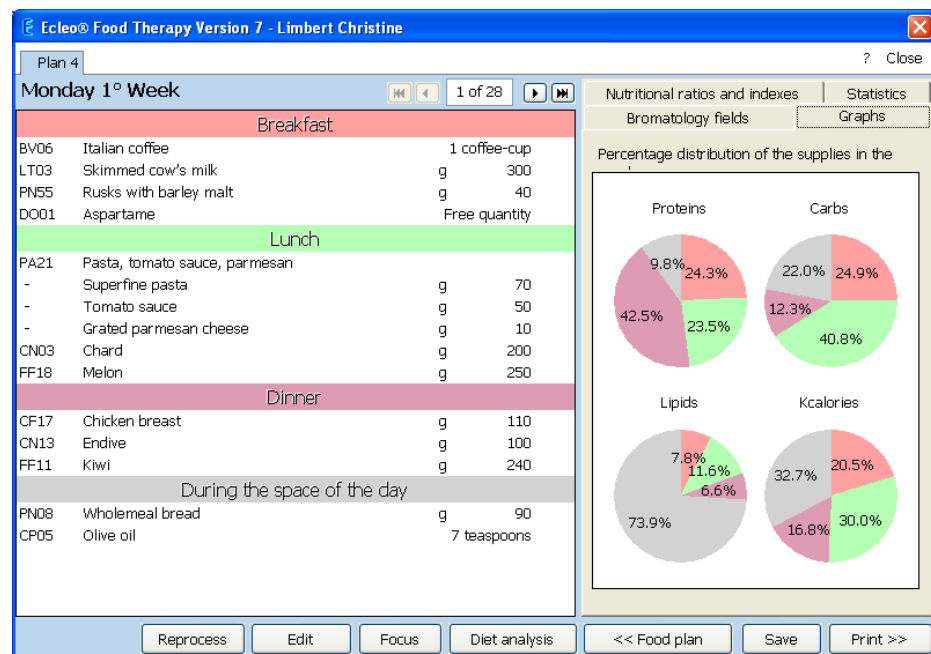
The list of the calculated nutrients is subdivided in groups (*Macronutrients, Mineral Salts, Vitamins, Amino-acids, Cholesterol and Fatty Acids*) and can be fully visualized utilizing the scroll bar on the right.

Next to each item, as well as the calculated value, you will also find the relevant unit of measurement.

Bromatology fields		Graphs
Daily Focus		
Macronutrients		
Proteins (g)	69.18	
Carbs (g)	198.28	
Lipids (g)	39.44	
Animal proteins (g)	39.78	
Vegetal proteins (g)	29.40	
Fiber (g)	21.12	
Water (g)	1193.32	
Alcohol (g)	0	
Mineral salts		
Calcium (mg)	899.50	
Chromium (µg)	211.47	
Iron (mg)	11.81	
Fluoride (µg)	462.03	
Phosphorus (mg)	1242.00	
Iodine (µg)	97.72	
Magnesium (mg)	296.44	
Manganese (mg)	2.36	
Molybdenum (µg)	56.78	
Potassium (mg)	4083.90	

Picture (4.3): calculated bromatology fields

The *Graph* tab, on the other hand, shows, by means of a pie diagram, the percentage distribution of the nutritional supplies (Proteins, Carbohydrates, Lipids, Calories) in the various meals which make up the diet-day.

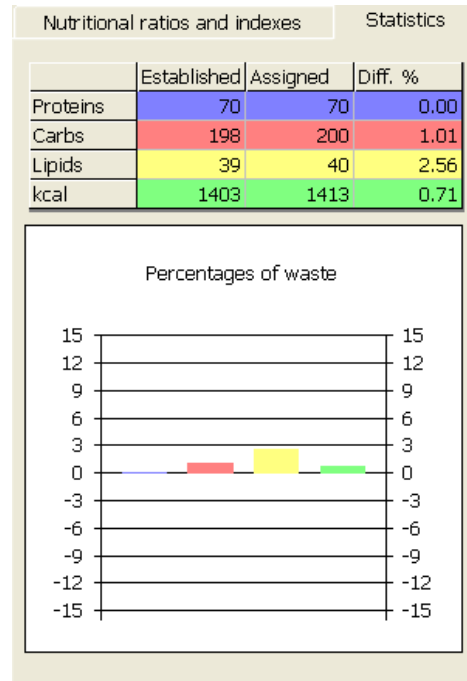


Picture (4.4): graphs of the supplies

As shown in picture (4.4), each meal is associated with a colour, (in the example: pink for *Breakfast*, green for *Lunch*, Purple for *Dinner* and grey *In the space of the day*).

The third tab, *Statistics*, allows you to know, both with regards to absolute value as well as in percentage, the variance between the set energy supplies and the ones assigned in the considered diet-day.

An histogram shows the extent of such variances.



Picture (4.5): statistics

In the fourth and last tab, *Nutritional ratios and indexes* (picture 4.6), certain scientific parameters are calculated.

In particular, we wish to dwell upon the meaning of certain indexes:

- **MAI** (Index of adequacy regarding the Mediterranean diet): this is obtained by dividing the sum of the percentages of the total energy deriving from the food groups belonging to the Mediterranean diet (bread, cereals, legumes, potatoes, vegetables, fruit, fish, red wine, olive oil) by the sum of the percentages of the total energy supplied by the food groups that are not part of the Mediterranean diet (milk, cheese, meat, egg, animal fats and margarine, sweet drinks, biscuits/cakes, sugar);

The following indexes calculate, in various ways, by means of the ratio between saturated and unsaturated fatty acids, the thrombogenic risk of the diet:

- **IA** (Atherogenic Index): this is given by the following formula:

$$\frac{L + 4M + P}{(n_6 + n_3) + O + A_m}$$

where L = lauric acid, M = myristic acid, P = palmitic acid

and n_6 - n_3 = polyunsaturated acids of the family n_6 n_3 , O = oleic acid, A_m = other monounsaturated fatty acids;

- **IT** (Thrombogenic Index): this is given by means of the following ratio

$$\frac{M + P + A_s}{0.5 O + 0.5 A_m + 0.5 (n_6) + 0.5 (n_3) + (n_3/n_6)}$$

where M= myristic acid, P= palmitic acid, A_s = other saturated fatty acids and O = oleic acid, A_m = other monounsaturated acids, n_3 e n_6 = polyunsaturated acids of the n_6 , n_3 family;

- **CSI** (Cholesterol-saturated fatty acids): this index, that ranges from 1 to 1000 represents a valid indicator for individualizing atherogenic risks and is given by the following formula:

$$CSI = (1.01 \text{ FAT}_s (\text{g})) + (0.05 \text{ Cholesterol (mg)})$$

Where FAT_s = quantity in grams of saturated fatty acids

Other indexes:

- **INQ** (Indexes of nutritional quality): such indexes represent the ratio between the percentage of covering of the needs of the specific nutrient and the percentage of covering of the caloric needs; the greatest values of 1 indicate a good level of the nutrient considered.

Nutritional ratios and indexes		Statistics
Rapporti e indici giornalieri		
Ratios		
Mono-unsaturated/saturated acids		2.56
Poly-unsaturated/saturated acids		0.53
Vegetable /Animal proteins		0.58
Indexes		
MAI - Mediterranean Adequacy Index		3.33
IA - Atherogenic		0.19
IT - Thrombogenic		0.49
CSI - Cholesterol - Saturated fatty ac...		14.40
INQ - Nutritional quality		
Proteins		2.12
Calcium		1.67
Iron		1.31
Phosphorus		2.32
Iodine		1.15
Magnesium		1.28
Potassium		2.17
Copper		1.87
Selenium		1.00
Zinc		3.83

Picture (4.6): nutritional ratios and indexes

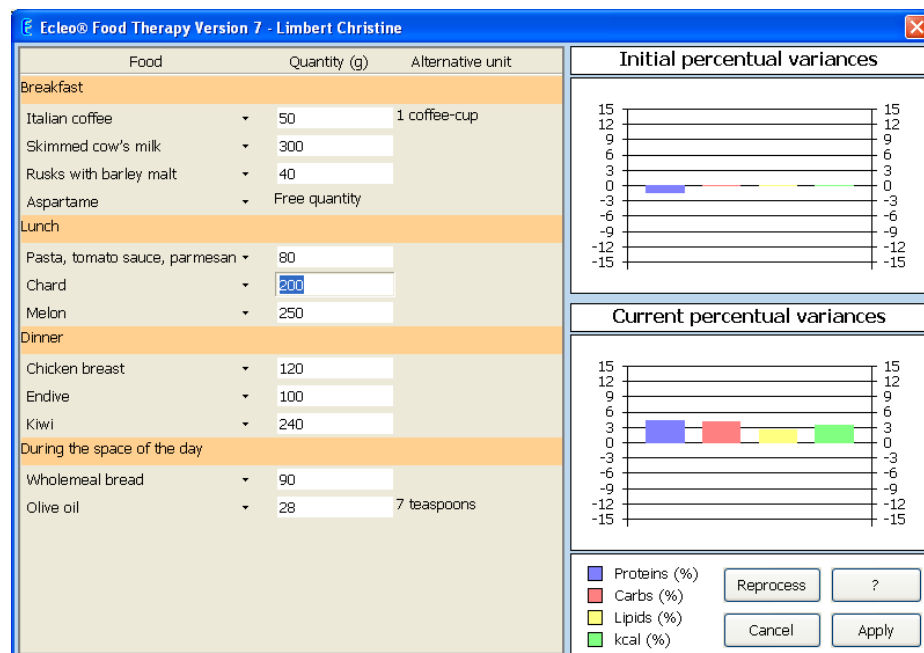
In the case in which, during the viewing of the diet, the user should wish to modify only one or several diet-days, he/she will have two different functions at his/her disposal:

- *Reprocess*
- *Edit*

On selecting the **Reprocess** button (picture (4.1)), the diet-day displayed will be “recalculated” by the software which will propose a new combination of food items.

The **Edit** button will allow you to modify some food items and/or their quantities, leaving the other items, included in the same diet-day, unaltered (picture (4.7)).

Two graphs, in the right hand part of the window, will show the initial percentage variances of the Proteins, Carbohydrates, Lipids and Kilocalories (upper graph) and those after the modification (lower graph), with the aim of fully assessing the variance.



Picture (4.7): diet-day modification

To substitute one food item with another, belonging to the same food category, view the list of foods using the small arrow ▼; a quantity will correspond to each item, calculated by the software so that the new food will be the same, from a caloric point of view, as the one initially assigned (picture (4.8)).

	CF01 - Lamb	g. 80
	CF02 - Duck	g. 80
	CF03 - Kid	g. 80
	CF05 - Horse meat	g. 80
	CF06 - Wild boar	g. 90
	CF07 - Rabbit	g. 80
	CF08 - Chicken leg	g. 80
	CF09 - Turkey leg	g. 80
	CF10 - Pheasant	g. 80
	CF11 - Guinea-fowl	g. 80
	CF12 - Hen	g. 80
	CF13 - Beef Hamburger	g. 80
	CF14 - Lean pork	g. 80
	CF15 - Pork chop	g. 80
	CF16 - Lean beef	g. 80
	CF18 - Turkey breast	g. 90
	CF19 - Pigeon	g. 80
	CF21 - Chicken with almonds	g. 80
	CF22 - Lean veal	g. 90
	CF23 - Lean veal slices, oil and Parmesan cheese	g. 80
	CF24 - Ostrich	g. 110
	Other...	

Picture (4.8): equivalent alternatives for kilocalories

The possible appearance of a small coloured square on the left of the food code will indicate if this food item is excluded or preferred; in the case where the food item is excluded, its colour will indicate the reason why, according to the following key:

	Excluded by special physiology or		Excluded by option or operational
	Excluded by intolerance or allergy		Out of season
	Excluded by treatment		Preferred food
	Excluded by the patient		Food on request

Picture (4.9): key

To carry out the substitution click twice on the item desired.

If, on the other hand, you wish to substitute a food item with another one belonging to a different category, click on the *Other...* item at the bottom of the list of picture (4.8).

If you open the food archive, by which indicating the category, you will be able to carry out the choice of the substitute food item.

To modify the quantity of one of the foods included in the diet-day displayed, click on **Edit** button, position yourself with the mouse inside the box that indicates the quantity of the food and type in the new value.

Also in this case you will be able to assess the extent of the variances of the Proteins, Carbohydrates, Lipids and Kilocalories due to the modification carried out.

The **Cancel** button of picture (4.7) closes the window without saving any possible modifications made to the diet-day; select the **Apply** button instead, if you wish to confirm them.

Going back to the window regarding the results of the diet of picture (4.1), selecting the *Focus* button will allow you to view the list of the various nutrients (picture (4.10)) accompanied by the average value calculated over the whole of the processing period, the daily recommended level by the L.A.R.N. of the National Institute of Nutrition or by the RDA-USA and the percentage of the value calculated compared to the recommended level.

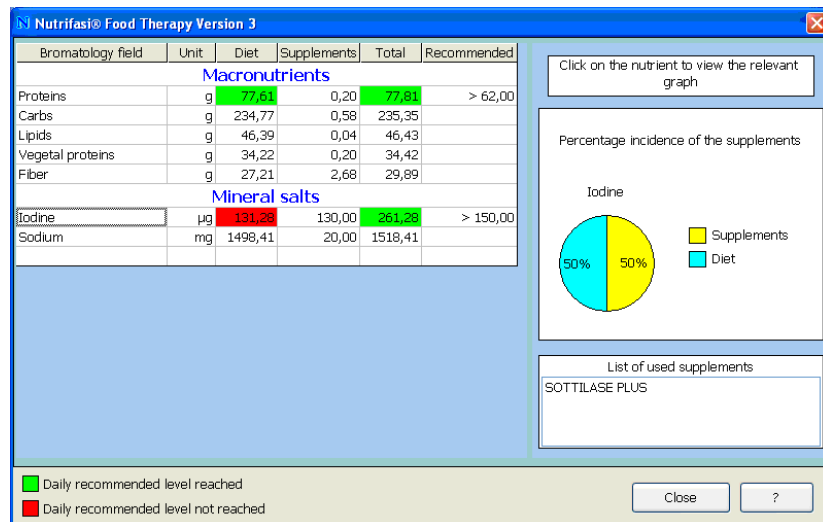
The nutrients are grouped in categories (*Macronutrients*, *Mineral Salts*, *Vitamins*, *Amino-acids e Cholesterol and Fatty Acids*) and it is possible to scroll down the entire list using the appropriate scroll bar on the right.

The right side of picture (4.10) is dedicated to the *Average of nutritional ratios and indexes*, in which the various items that appear have been calculated on the entire processing period.

Bromatology fields				Average of nutritional ratios and indexes	
Calculated value	Recommended daily level	%			
Macronutrients					
Proteins (g)	85.5	62	(*)	138%	
Carbs (g)	255.8				
Lipids (g)	50.4				
Animal proteins (g)	48.5				
Vegetal proteins (g)	37.0				
Fiber (g)	27.1				
Water (g)	1386.7				
Alcohol (g)	0.0				
Mineral salts					
Calcium (mg)	812.7	800	(*)	102%	
Chromium (µg)	285.1				
Iron (mg)	15.7	10	(*)	157%	
Fluoride (µg)	733.9	1500	(*)	49%	
Phosphorus (mg)	1431.8	800	(*)	179%	
Iodine (µg)	170.8	150	(*)	114%	
Magnesium (mg)	348.5	420	(**)	83%	
Manganese (mg)	3.9				
Molybdenum (µg)	47.3				
Potassium (mg)	4380.8	3100	(*)	141%	
Ratios					
Mono-unsaturated/saturated acids				2.14	
Poly-unsaturated/saturated acids				0.51	
Vegetable /Animal proteins				0.76	
Indexes					
MAI - Mediterranean Adequacy Index				2.78	
IA - Atherogenic				0.35	
IT - Thrombogenic				0.69	
CSI - Cholesterol - Saturated fatty				22.11	
INQ - Nutritional quality					
Proteins				2.20	
Calcium				1.62	
Iron				2.51	
Phosphorus				2.86	
Iodine				1.82	
Magnesium				1.33	
Potassium				2.26	
Copper				2.83	
Selenium				1.99	
Data supplied by:					
(*)L.A.R.N.					
(**)RDA-USA					
				Print	Close

Picture (410): focus

If in the calculation of the diet there has been inserted at least one *Supplement*, then in the window of picture (4.10), you will see, as well as the **Close** and **Print** button, also the **Supplements Analysis** button which will open the relevant window (picture (4.11)).



Picture (4.11): supplements analysis

In the table of picture (4.11) you will find the nutrient items contained in the *Supplement* listed and next to the supply necessary for the diet, that of the supplement and the total.

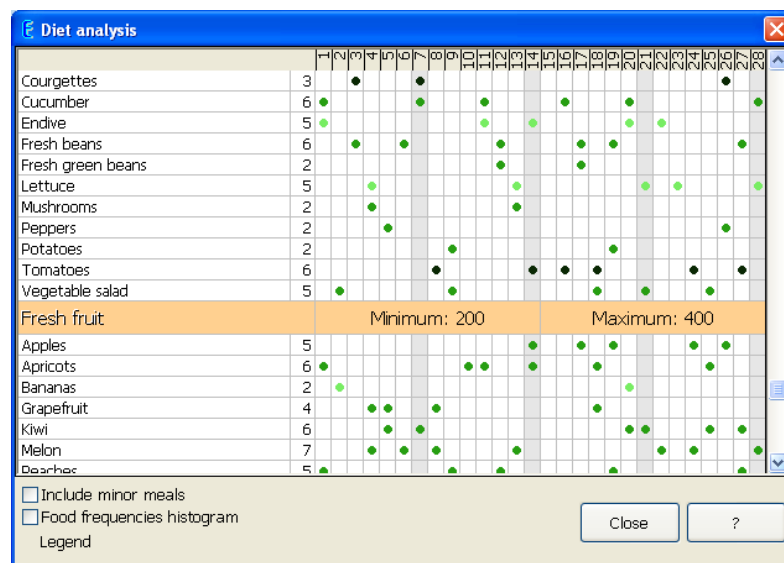
This analysis has the objective of showing the major or minor incidence of the *Supplement* with regard to the diet.

The green colour regarding the quantities of a certain nutrient, indicates that the minimum level recommended by the L.A.R.N. or by the RDA-USA has been reached; the red colour, instead, means that this level has not been reached.

The graph on the right, on the other hand, shows the percentage incidence of the *Supplement* regarding the total supply assigned to the patient, with regard to each of the nutrients in the table.

The **Close** button closes the window.

The **Diet analysis** button of picture (4.1) opens the window of picture (4.12) which shows the graphic representation of the variety of the food plan that has just been processed.



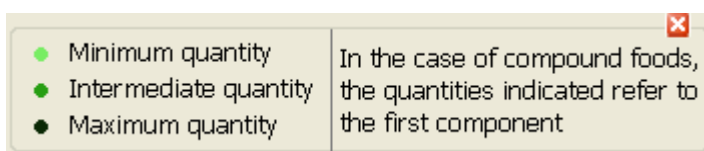
Picture (4.12): Diet analysis

The table, on the left, lists the assigned food items divided according to categories, accompanied by the relevant assigning frequency during the period in reference; the various dots each indicate the exact day in which the food item has been entered.

When viewing the table, a greater distribution of dots indicates an optimal level of the variety of the processed food plan.

The colour of the dots furnishes information regarding the quantity of the food items; on selecting the **Key** of picture (4.12) you will open the detail shown in picture (4.13) which will explain the meaning of the three colours: light green identifies the food item or the food items of the relevant categories assigned in minimum quantities (which corresponds to the minimum quantity written by the side of the category's name); the dark green colour indicates the food item or food items of the relevant category assigned in maximum quantities (which corresponds to the maximum quantity written above and to the right of the name of the category); the medium coloured green dot indicates the food item or food items of the category assigned in intermediate quantities between the minimum and the maximum.

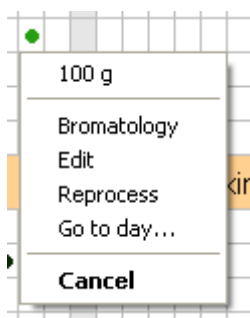
The cross at the top right hand corner of picture (4.13) closes the key detail.



Picture (4.13): key

On clicking on each of the dots shown in the window, it is possible to gain access to the following options (detail in picture 4.14):

- know the *quantity* of the food item assigned in the corresponding diet-day (in the example 200 g.);
- gain access to the bromatological composition of the food item (*bromatology*);
- gain access to the *Edit* function regarding the selected diet-day (*Edit*);
- reprocess the diet-day corresponding to the position of the selected dot (*Reprocess*);
- view the entire diet-day (*Go to day.....*).

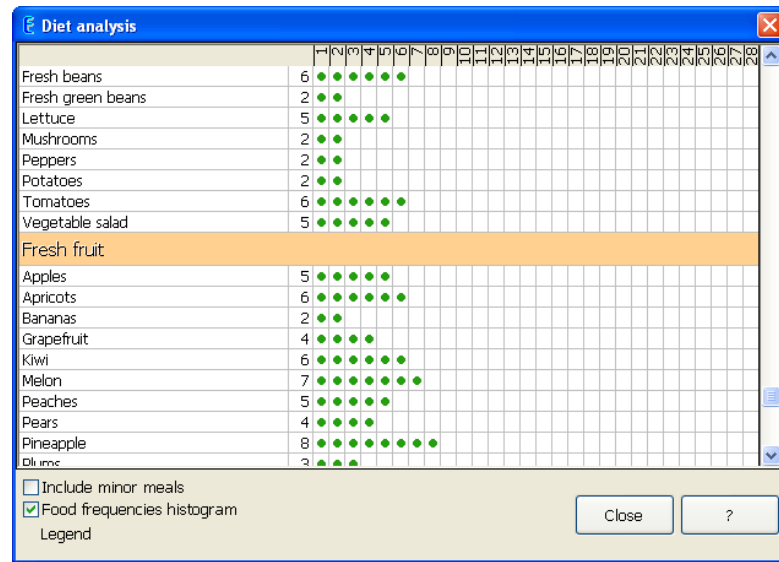


Picture (4.14): detail

The **Cancel** option will close the window.

On selecting the items at the bottom of the window of picture (4.12) **Include minor meals** and **Histogram of the frequencies** it is possible to respectively include in the table also the food items of the minor meals and view the assigning frequencies of the various food items by means of the histogram graph (picture 4.15); the latter function allows you to see which food items have been entered with a greater frequency in the considered diet period.

Remember that it is possible to request the **Variety optimization of the diet** (Chapter 1 – paragraph *Settings*) in order to guarantee both the variety of the food plan as well as a well balanced distribution of the food items.



Picture (4.15): histogram

The **Save** button of picture (4.1) allows you to memorize the last processing carried out and all the modifications made before proceeding to the *Printing* of the diet .

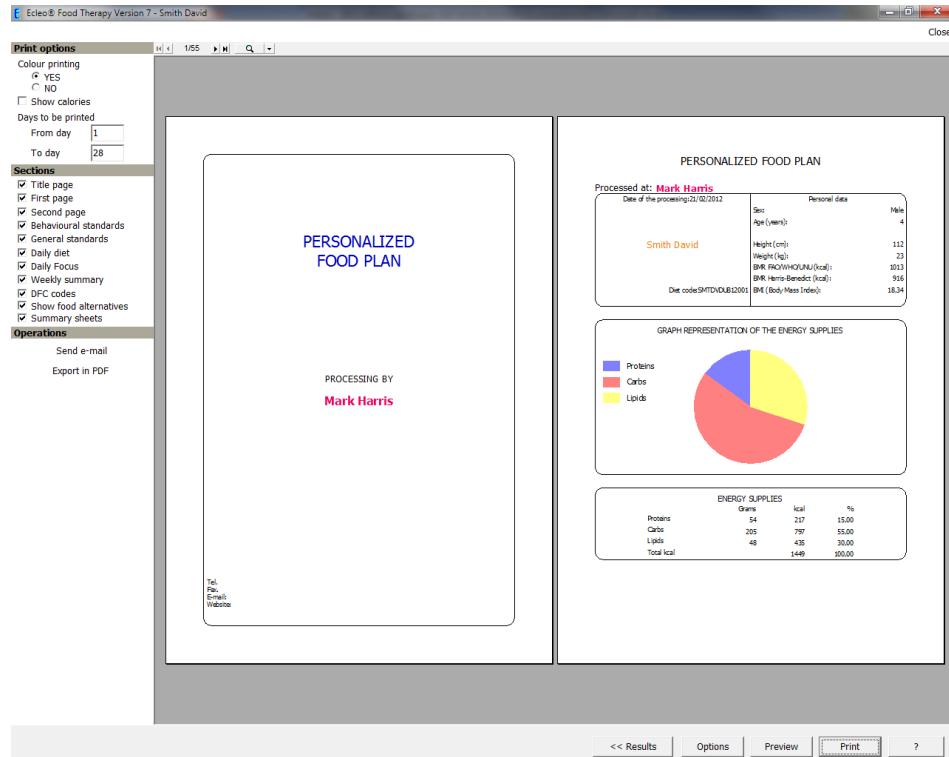
CHAPTER 5

Printing

Printing

The functions regarding the *Printing* of the diet are numerous and allow the user to differentiate the printout also from an aesthetic point of view.

The *Printing* window of picture (5.1) shows the print preview of the processed diet, set out in an ample central zone.



Picture (5.1): print preview

Clicking on the  symbol on the right of the small magnifying glass  at the top of the window will allow you to gain access to the menu of options regarding the viewing:

- *Whole page*
- *Page width*
- *Two page*
- *Thumbnail*
- *150%*
- *100%*
- *75%*
- *50%*
- *25%*

The first option (*Whole page*), allows you to view each page shown in full in the central zone dedicated to the preview; the second option (*Page width*) allows you to view one page at a time, however in a way that it occupies all the width of the preview zone.

The *Two page* option allows you to view two full pages; with the *Thumbnail* option 24 full pages at a time are shown but, naturally of a much reduced size.

The other options indicate the possible reproduction percentage of the page, from the largest (150%) to the smallest (25%).

In the top part of the zone dedicated to the preview, a figure will appear indicating the number of pages viewed with regard to the total number (ex. 1/57); if more pages are viewed at the same time, the number indicated will regard the first one.

The slide arrows at the sides of the page indication, allow you to view the entire diet from the beginning to the end.

In the left part of the window of picture (5.1) there is a series of *Printing options* which allows you to personalize the printing of the diet:

- *Colour printing*
- *Display calories*
- *Days to be printed*

The first option, *Colour printing* allows you to decide whether to print the diet in colour or in black and white; the second option *Show calories/Show joules* allows you to choose whether or not to print next to the quantity of each food item, the relevant supply in Kcal/Kj (the value indicated by the arrow in picture (5.2)).



Limbert Christine

Food plan Wednesday 1° Week

Food	Quantity	kcal	DFC
Breakfast			
Tea	1 cup	2,5	688
Skimmed milk coffee yoghurt	1 jar	57,7	814
Plain biscuits	n° 7	179,5	729
Aspartame	Free qty	18,53	796
Lunch			
Pasta, tomato and Parmesan cheese		264,5	35
• Superfine pasta	gr. 60		894
• Tomato sauce	Sufficient qty		849
• Grated Parmesan cheese	2 teaspoons		847
Tinned tuna in brine	gr. 40	41,2	431
Carrots	1 portion	53,6	528
Water melon	gr. 400	66,9	597

Picture (5.2): show calories

The *Display alternative foods* option, allows you to show any possible alternatives assigned which will appear in the DFCs (diet food codes).

The DFCs, (Diet Food Codes) are represented by a specific number for each food item included in the diet (picture (5.2), each code corresponds, in the final part of the diet dedicated to them, to a brief written message (detail shown in picture (5.3)) which provides the patient with information regarding the availability, conservation and preparation of the specific food item.

DFC: 539 ENDIVE: we refer to the "witloof" or "Belgian endive", a type of salad characterized by rosette leaves, smooth, with limbs and variable colours according to the crops. Choose heads with fresh leaves that are not darkened at the edges or withered. If you preserve it in the refrigerator, wrap it in cling film and eat it within a brief period, as the leaves tend to spoil quickly; you can eat it raw or cooked, adding part of the prescribed condiment. Remember to carefully wash it adding bicarbonate of soda to the water. First weigh g. 100 and utilize this quantity as a reference for preparing the following portions ("at a glance"). DFC: 541 MIXED SALAD: prepare it, choosing from the salads and vegetables that have been assigned and excluding all types of pulses. Carefully wash the ingredients with water and bicarbonate of soda. You can add to the salad part of the prescribed condiment, some lemon juice or a small quantity of vinegar even the balsamic type. First weigh g. 200 and utilize this quantity as a reference for preparing the following portions ("at a glance"). DFC: 542 LETTUCE: there are two main groups of lettuce: one has smooth or crinkled leaves, their colour varies from light to deep green and they gather themselves into the shape of a big round or long hood (trocadero); the other has large, smooth leaves that don't gather in a hood shape (Roman lettuce). Choose the variety you prefer, taking care that the leaves aren't damaged or wilted. You can keep the lettuce in the refrigerator for a day or two, in airtight containers. Wash it carefully in water and bicarbonate of soda and leave it to drain. You can use part of the condiment that you have been assigned and add some lemon juice or, if you prefer, a drop of vinegar, also the balsamic type. First weigh g. 100 and utilize this quantity as a reference for preparing the following portions ("at a glance").

Picture (5.3): diet food codes

In the present version of the "Eleo®" program, the DFCs already adopted in the previous versions have been completely rewritten and extended, paying special attention to the personalization of the information that they contain according to the physiopathological state of the patient.

The *Days to print*, option allows you to decide which days, from the ones processed, to print, indicating the first day and the last one of the period (for example, from day 1 to day 7 if you want to print only the first week; from day 1 to day 1 if you want to print only the first day, ...).

The second group of printing options allows you to include or exclude from the processing, one or more sections of which it is composed:

- *Title page*
- *First page*
- *Second page*
- *Behavioural standards*
- *General standards*
- *Daily diet*
- *Daily focus*
- *Weekly summary*
- *DFC*
- *Summary pages*

The Title page is the initial page in which we find the title "PERSONALIZED DIET PLAN" and then the name and data of the user who has processed the diet (telephone number, fax and e-mail).

The user's data is entered in the appropriate *User* zone during the first registering stages of the start menu; this data however, can be modified at a later date.

The *First page* contains a part with the main data of the patient (name, surname, sex, age, height, weight, basal metabolism, BEE, BMI, desirable weight if indicated) and a second part, dedicated to the diet's energy supplies, both in absolute value as well as in graph form.

The *Behavioural standards* and the *General standards* are two documents that provide the patient with general information for optimizing his/her sticking to the diet therapy.

The *Daily diet* section includes all the processed diet-days.

The *Daily focus* represents a daily report of the main nutrients assigned which are displayed at the bottom of each diet day.

The *Weekly summary* (picture (5.4)) is a table that lists all the food items assigned in the week together with their total quantities; it is a useful instrument for facilitating the weekly organization of the shopping.

Limberty Christine

Foods assigned in the 1° Week

Food	Quantity summary
FIRST COURSES	
Dried lentils	3 spoons and 1/2 (gr.70)
Mixed pulses	3 spoons and 1/2 (gr.70)
Rice	6 spoons (gr.120)
Superfine pasta	gr. 170
Vegetable broth	2 Sufficient qty
SECOND COURSES	
Bresaola (dried salt beef)	gr. 40
Lean Parma ham	gr. 30
Tinned tuna in brine	gr. 40
Cottage cheese	gr. 140
Low-fat crescenza cheese	gr. 40
Low-fat processed cheese slice	n° 1 (gr.20)
Chicken breast	gr. 100
Lean pork	gr. 180
Lean veal	gr. 130
Ostrich	gr. 120
Clams	gr. 20
Cod	gr. 90
Dentex	gr. 110
VEGETABLES	
Aubergines	1 portion
Carrots	1 portion (gr.150)
Chard	1 portion (gr.200)
Courgettes	1 portion (gr.250)
Cucumbers	2 portions (gr.300)
Fresh green beans	1 portion (gr.200)
Lettuce	1 portion (gr.100)

Picture (5.4): weekly summary

The *DFC* codes have been described in the previous paragraph of this chapter.

The *Display alternative food items* option, allows you to show the alternative food items eventually assigned.

By activating the *Display alternative foods* option, as well as the text containing the information concerning the food item in the DFCs, a table will be added indicating any possible substitutions (picture (5.5)) (see Chapter 1, paragraph Alternatives).

FOOD	Qty.01	Qty.02
Cod	q 110	q 130
Plaice	q 110	q 120
Smooth dogfish	q 100	q 120

Picture (5.5): alternatives table

The *Summary pages* include the list of the assigned food items together with the relevant frequencies and the DFCs and a table containing the percentage variances during the various days between the assigned energy supplies and the ones really calculated; other items are also indicated, deriving from the statistical analysis of the data obtained and that calculated.

To exclude one or more of the above mentioned sections from the final printing, click inside the small box on the left of the relevant heading ☒. In this way the tick symbol will vanish and the box will be left empty.

The two options listed in the third group of picture (5.1) allow you to transfer the diet:

- *Send e-mail*
- *Export in PDF*

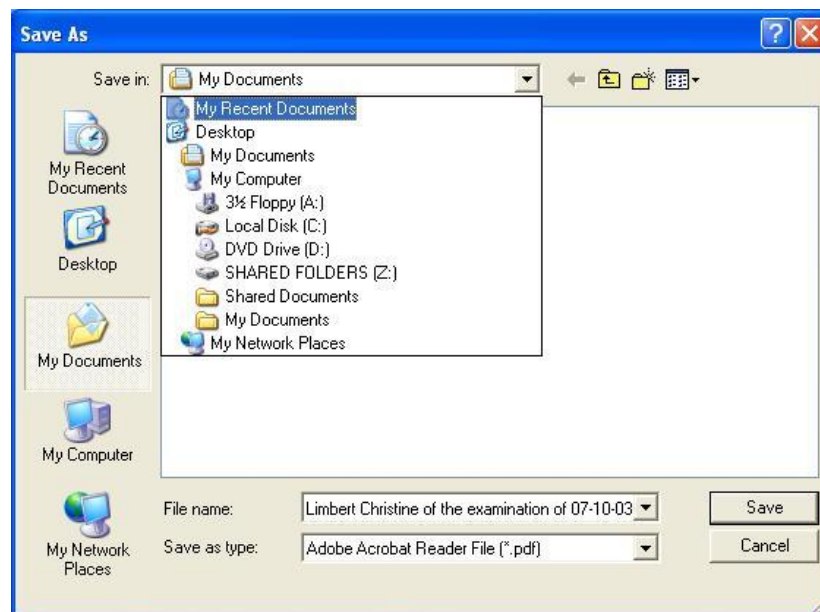
With the first option it is possible, instead of printing the diet, to send it directly to the patient by e-mail; the window of picture (5.6) will appear where, once the subject, the presentation text and the e-mail address of the receiver have been entered, click on the **Send** button to carry out the operation.

Picture (5.6): send diet by e-mail

Naturally the sender's computer that of the receiver must have a suitable Internet connection.

The diet that the patient will receive will be in PDF format therefore, in order to be opened by the patient, the patient will also have to have the *Acrobat Reader* program.

The second option performs the diet saving in PDF format; the diet can be saved on any type of backup, such as a floppy or CD, and consigned to the patient in this manner (picture (5.7)).

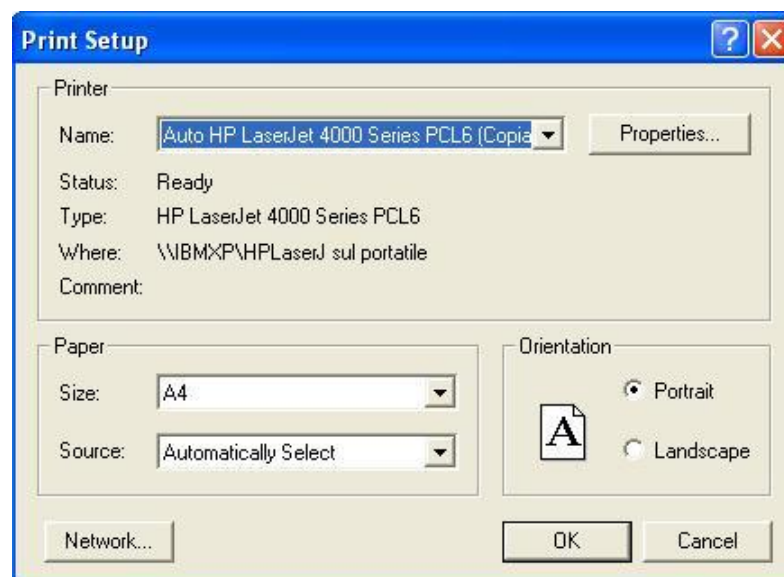


Picture (5.7): PDF format

In order to open the diet file, also in this case, it is necessary that the receiver computer has the Acrobat Reader program.

In the lower part of the *Print* window (picture (5.1)) you will see:

- the << **Results** button that will allow you to go back to the previous phase;
- the **Options** button that will open the window of the printer setting (it changes according to the model of the printer);



Picture (5.8): Printer settings

- the **Preview** button will allow you to update the preview at each modification of the print settings;
- the **Print** button will launch the diet printing process.

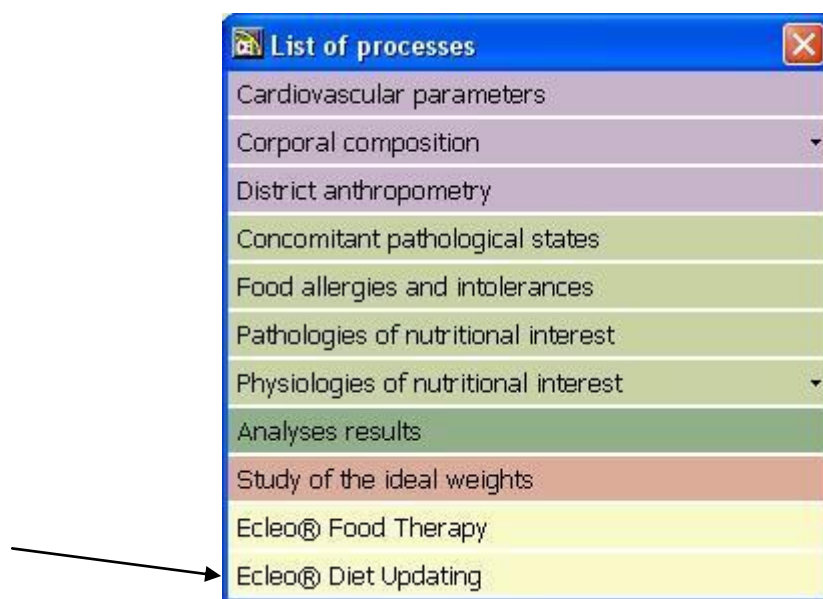
CHAPTER 6

E c l e o ® D i e t U p d a t i n g

Ecleo® Diet updating

From the following examination to the one in which a diet has been processed, there is a new function available in the list of the “Cartella Elettronica®” processes, which allows you to process and print a document containing some alternatives to the foods assigned in the diet.

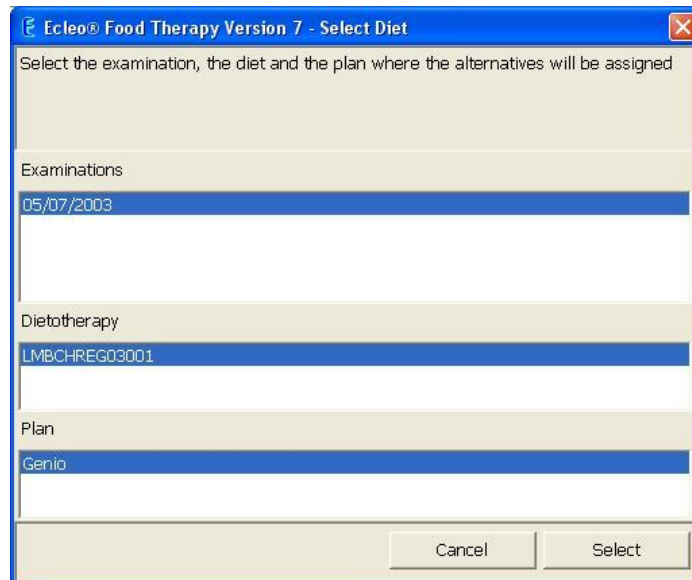
The *Diet updating* instrument is of fundamental importance in that it allows you very quickly to adapt the diet to both the needs regarding variety and taste of the patient as well as to the possible changes of seasons; a connection with the system clock of the computer, in fact, allows the software to modify the list of the foods available according to the fruit and vegetables in season.



Picture (6.1): list of processes

After having selected the *Ecleo® Diet updating* title, you must indicate, in the window of picture (6.2): the examination, the diet and the food plan to which you wish to assign alternatives.

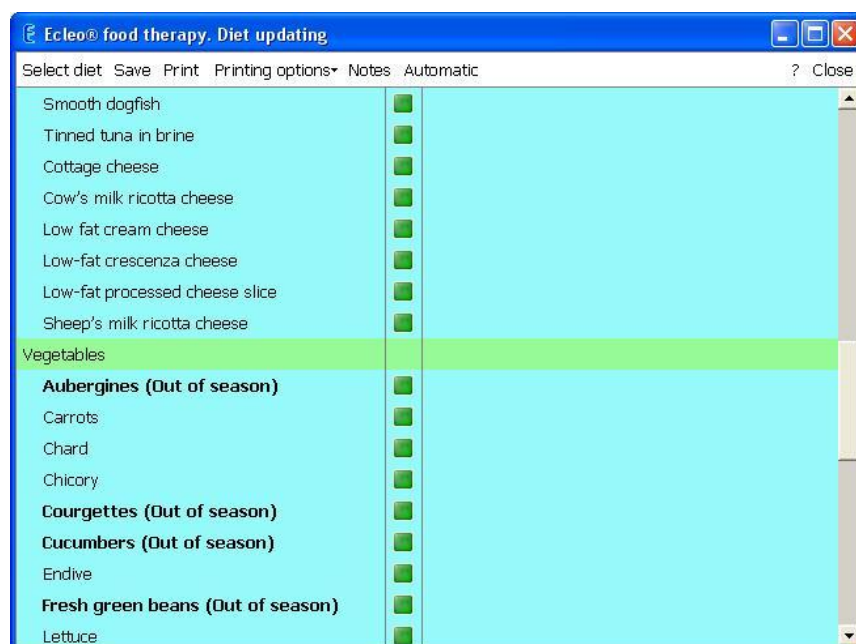
Click on the **Select** button to proceed or click on the **Cancel** button to close the window abandoning the processing.



Picture (6.2): selecting of food plan

Proceeding in the updating you will open the window of picture (6.3) where you will find, subdivided by categories (*First courses, Main courses, Vegetables, Fruit, Other foods, Drinks*), the food items highlighted in bold type represent the ones that are “out of season”.

It is possible to scroll down the complete list of food items utilizing the appropriate side bar.



Picture (6.3): list of assigned food items

The top menu bar contains the following options:

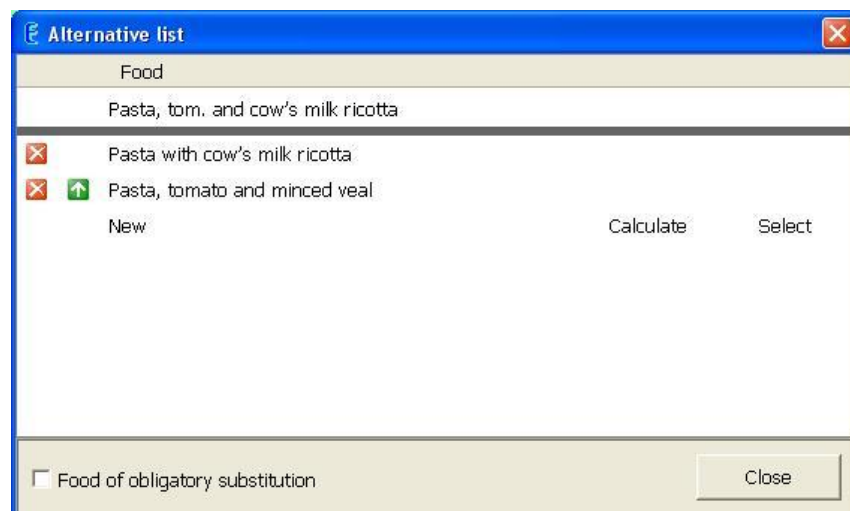
- *Select diet*
- *Save*
- *Print*
- *Print options*
- *Notes*
- *Automatic*

On Selecting the *Automatic* option, as many alternatives as possible will be automatically assigned to all the listed food items; if the software doesn't have alternatives for one or more food items, the following message will appear:



Picture (6.4): automatic option not available

In order to select the food alternatives manually, click on the small green square on the left of the relevant items gaining access, in this way, to the window of picture (6.5) where a grey line will separate the food item to be substituted by the possible alternatives.

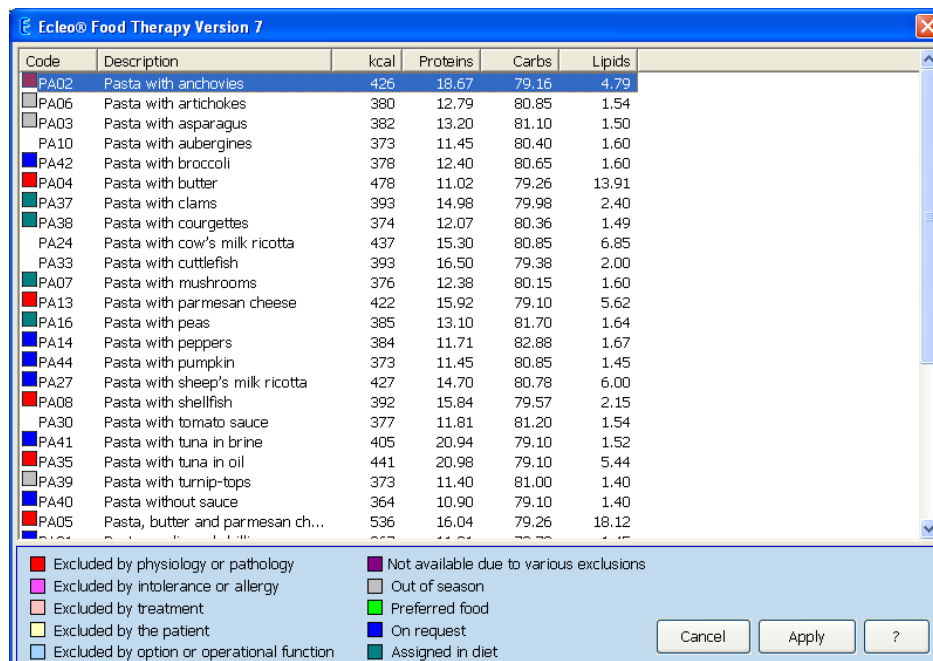


Picture (6.5): list of alternatives

The assigning can be carried out in two ways:

- By clicking on the **Calculation** button, an alternative, from those available, will be automatically indicated; the operation can be repeated more than once, up to a maximum of four alternatives.

- On clicking on the **Select** button you will gain access, on the other hand, to the window of picture (6.6) where all the food items of the same category are listed:



Picture (6.6): archive of food items

the food items can be arranged according to the *Codes*, *Description*, *kcal*, *Proteins*, *Carbohydrates* and *Lipids* by clicking once on the title of the relevant column.

Some of the food items listed may be marked, on the left of their identification code, with a small coloured square whose meaning will be explained in the key below.

To select the food item to be assigned as an alternative, double click on its name; the operation can be repeated up to a maximum of four times.

The **Apply** button closes the window confirming the selections made.

Once having carried out the updating, either manually or automatically, it will be possible to modify the order in which the food items appear in the list; in order for a food to jump a position, click on the button.

To cancel a food item from the list of alternatives, click on the button on the left of its name.

The alternatives can be of two types:

- optional: the patient can utilize the alternatives assigned but he/she can also decide to take the food item entered in the diet;
- obligatory: the food item assigned in the diet must be substituted with one of the alternatives.

To assign some obligatory alternatives, click inside the small square on the left of the *Food of obligatory substitution* item, in the lower part of the window of picture (6.5) (details in picture (6.7)).

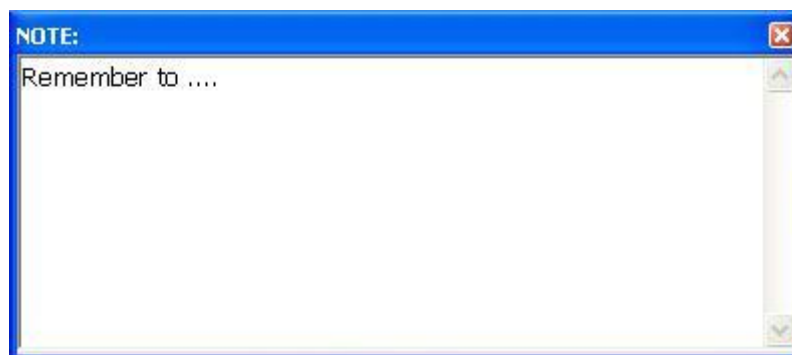
☐ Food of obligatory substitution

Picture (6.7): obligatory substitution

The obligatory substitutions will be indicated by the  symbol, while the optional alternatives will be highlighted by the  symbol; also in the printing, the alternatives will be subdivided into two groups: *Obligatory substitution* and *Optional substitution*.

From the menu options of picture (6.3), the *Select diet* option will open the window of picture (6.2) to select another diet to which the alternatives can be assigned.

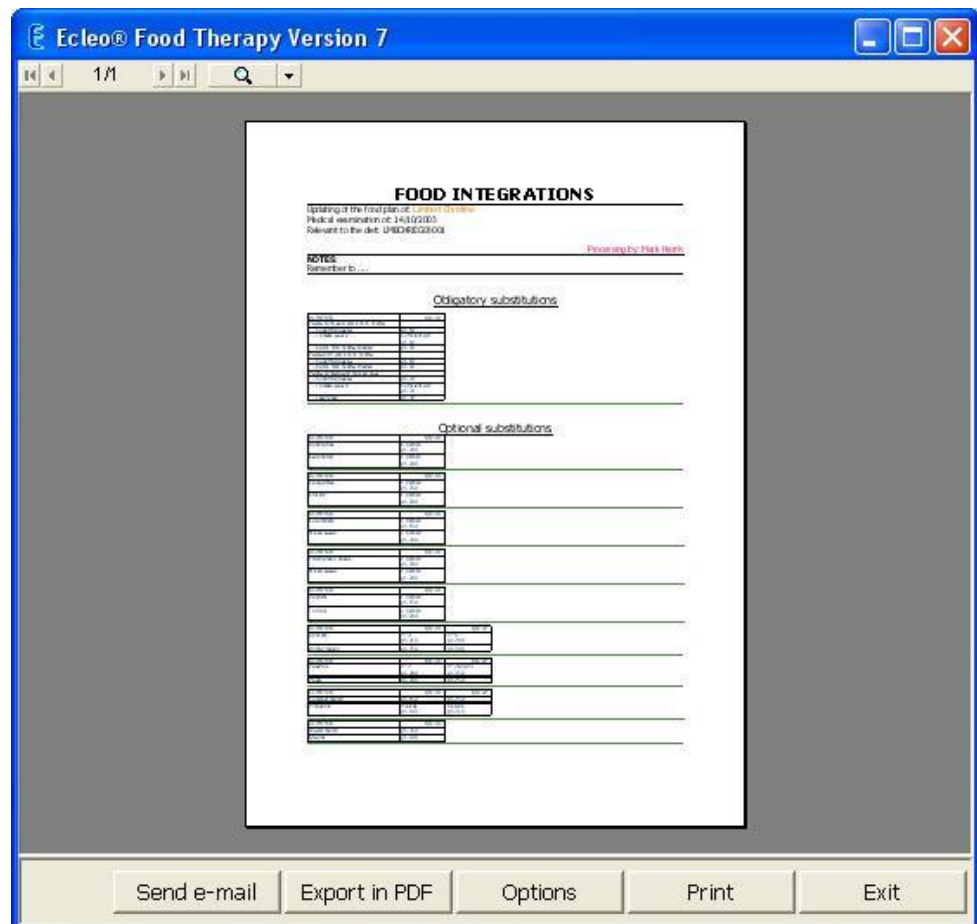
The *Notes* option opens a window (picture (6.8)) in which the user can write any indication he/she retains useful for the patient; what he writes will be reported in the printed document to be consigned to the patient.

*Picture (6.8): notes*

The *Save* option memorizes the assigned alternatives.

The *Print options* item allows you to remove the basic setting of the *Colour print*.

Finally, the *Print* option, opens the window of picture (6.9) which displays the preview of the processed document.



Picture (6.9): print preview

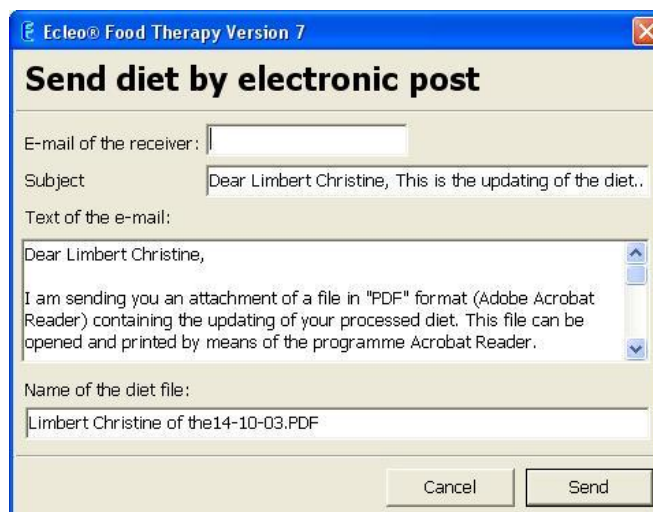
The document that will be consigned to the patient is entitled “FOOD INTEGRATIONS” and states the patient’s name, the examination corresponding to its processing, the name of the diet to which the alternatives refer and the name of the doctor who has carried them out.

In the bar at the top of the print window, you will find the same functions already illustrated in the description of the printing of the diet (Chapter 5), to which you should refer.

In the bar at the bottom of the window, as well as the **Options** button, which opens the window of the printer setting (it changes according to the printer model), you will find the **Print** button, which launches the printing of the document and the **Exit** button, which closes the window. There are also another two options available:

- **Send e-mail**
- **Export in PDF**

The first opens the window of picture (6.10) which allows you to transmit the document, in PDF format, directly to the patient's e-mail address; naturally to carry out this operation it is necessary that, both the sender's computer as well as that of the receiver, have a suitable Internet connection and also the *Acrobat Reader* program, without which it is impossible to open the files in PDF format.

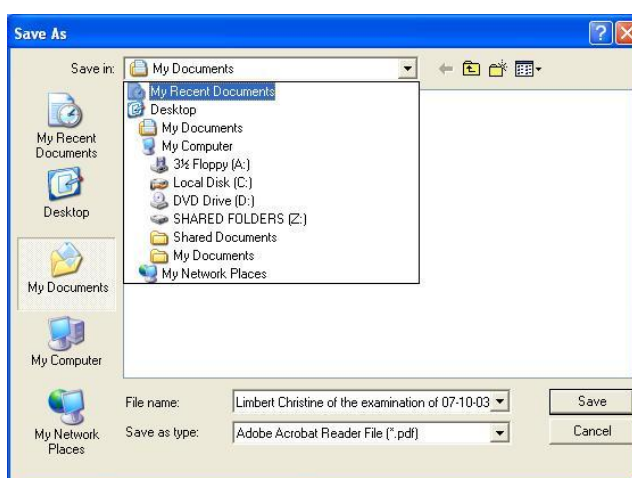


Picture (6.10): send by e-mail

Once the e-mail address of the receiver has been entered (if the information has also been inserted in the *Patient's data*, then the patient's e-mail address will be automatically reported in this window), as well as the subject and the presentation text, just click on the **Send** button and the operation will be carried out.

The **Export in PDF** button of picture (6.9), instead, allows you to save the document, transforming it in a PDF format file, in any folder of one's hard disc or on another backup device. (ex. Floppy).

Select the destination, enter the name of the file and click on the **Save** button (picture (6.11)).



Picture (6.11): PDF format

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